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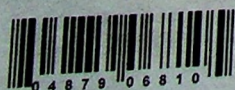
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DAZZLING FIREWORKS light up the sky and a 50-foot by 80-foot American Flag during Quincy's Flag Day celebration June 10 at Pageant Field. Fireworks are also synonymous with Independence Day which was celebrated on Tuesday, July 4. This year's holiday marked the birth of this nation 247 years ago and commemorates the adoption of the Declaration of Independence.

Quincy Sun Photo/Robert Bosworth

Stars
and
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The Quincy Sun.com

Community Liaison Wants To Connect With Everybody

Jamaica Native And Longtime Quincy Resident Damion Outar: 'I Want To Give Back. It's A Great City'

By SCOTT JACKSON

Quincy's new community liaison, Damion Outar, said his first priority is to embark upon a listening tour and he hopes to connect with many as people within the city as possible.

Outar, age 48, began working in his new role as community liaison on June 5. He is the first person to hold the position, which Mayor Thomas Koch proposed in 2022 as part of his fiscal year 2023 budget. The position had been recommended by the mayoral commission on equity, diversity and inclusion.

Originally from Jamaica, Outar has lived in Quincy for more than two decades, has two children in the Quincy Public Schools, and is also a member of the board of the Quincy Rotary Club. He most recently worked as an independent life coach, trainer and consultant. He was formerly a therapeutic coach for Fathers' Uplift in Boston and previously worked for the state Department of Mental Health.

During a recent interview, Outar said he applied for the open community liaison position as a way to give back to the city.

"First, plain and simple, my love for the city and my love for my children. I've always wanted to give back to the city, to invest in the city, because I believe that in life it's a matter of simple math. If you are just taking from something, at some point it's going to become depleted and then there's going to be nothing of that thing left. So, you have to invest so that you way keep it thriving, you keep it doing well. That's just the basic principle," Outar said.

"I've lived here for this period of time because

there is a lot of very good things about the city. I was very deliberate in selecting Quincy as the city to live in. One of the first things I looked at from a research standpoint was I looked at the city's budget. I saw how much — it was 60 percent at the time and I believe it still is 60 percent — of the budget is dedicated to public education.

"That was one of the first things, and then I began just paying attention to other things and really decided that this was a really, really good place. Coincidentally when I was doing my research, whether it's an act of, I don't know, divine providence, but there was a news item at the same time where they were saying the best town or city to raise a family. I'm pretty sure Quincy came in number one in the United States. This was about 23, 24 years ago. That was to me just a sign that this is somewhere I should really set up roots.

"So, I want to give back. It's a great city."

Outar also felt his background would suit him well in the role.

"As I thought it through further, my background I think is perfect for the role given my understanding of the role. I think it draws on my social service experience, it draws on my immigrant experience, it draws on so many different things," he said. "When you examine any society and the respective domains of that society that makes it thrive, I think I can speak to a lot of issues, not just experientially but also professionally.

"It was really the best of multiple worlds. It's the best position for me to occupy in the city at this time."

Koch said he believed

Outar was a great fit for the job.

"As we talked about before, we didn't have a whole lot of applicants and the applicants were limited and we didn't feel the qualifications were there. So when Damion came in to see me several weeks ago asking if the position was available, we had a great conversation," Koch said in a separate interview.

"I think he's a great fit for it. His background, his personality, his temperament, I think is excellent for it. He's an immigrant. He's got two kids in the public school system. I think he checks a lot of boxes in a positive way."

The mayor said his first task for the new community liaison was to meet as many people as possible.

"Initially his directive is to get out and meet everybody he possibly can," Koch said. "Departments, department heads, boards, nonprofits. Get a good lay of the land with everybody. That's what he's doing out of the box and then we'll sit down and talk a little bit about the future."

"From literally day one, I began and we'll be doing this for some time to come... a listening tour," Outar said. "I am reaching to various groups. The first group I met with was Stand Out Quincy For Black Lives."

The group, Outar noted, stands out on the steps of the United First Parish Church every Thursday afternoon. The group's members are involved in several other organizations, he said, including Quincy For Transformative Change, March Forward Quincy, Quincy Votes, Quincy Climate Action Network and PFLAG.

In addition to meeting with various groups around



DAMION OUTAR, Quincy's new community liaison, says his first priority is to embark upon a listening tour and he hopes to connect with many as people within the city as possible.

Quincy Sun Photo/Robert Bosworth

the city, Outar said he had also reached out to each of the city councillors and planned to meet with each of them. His end goal is to hear from as many people as possible.

"I'm just going around, listening and connecting," Outar said. "My goal is to really hear from the person who is 101 years old and who has been here and who has seen and experienced

the changes, and the person who just moved in last week. I want to connect with everybody or representation obviously from everybody. It's 101,000 people.

"But I think there are ways I think you can do that smartly, connecting with every group that is represented just to get a good flavor. I call it the city's health check — the socio-cultural health

check. And then we go from there."

As part of his efforts, Outar said he planned to speak with Kim Connolly, the Quincy Public Schools director of diversity, equity and inclusion. He was hopeful they could find ways to work together.

"I haven't spoken to her yet, but I will be. Again, it's going to be a listening tour with her as well because there is obvious cross-overs," Outar said.

"My understanding of the role is that she is dedicated toward the school system, but children don't operate in a vacuum. The school is a community within a community and so I see it as we both have similar roles, but our target audience may be a little different, but there is an overlap in our target audience, and that's where I think some degree of collaboration would be important if we're going to be effective. I just don't know what that looks like yet."

Outar see he himself as a conduit between the mayor's office and the commu-

Cont'd On Page 4

 The USDA funded Summer Food Service Program for Children sponsored by the Quincy Public Schools will provide free meals to all children without charge, regardless of race, color, national origin, sex, age or disability.

Lunch Service: Monday—Friday 11 am to 1 pm - July 5 through August 18, 2023

Please note the following guidelines for the Quincy Summer Eats Program:

This is a congregate feeding program. Children must eat the meals on site.

Children age 18 years old and younger are allowed to take one lunch.

Parent/guardian cannot take meals on their child's behalf or for themselves.

There are no registration or income requirements to participate.

"This is an equal opportunity provider."

SITE LOCATIONS:

The Snug Harbor School

The Ward II Community Center

The Lincoln Hancock School cafeteria

The F.W. Parker School cafeteria

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Michelle Pateras 'Commonwealth Heroine' Award Recipient

Quincy resident Michelle Pateras, a longtime and active member of the community, was recently recognized at the State House as a 2023 Massachusetts "Commonwealth Heroine" award recipient.

Pateras was nominated for the award by state Rep. Bruce Ayers, and was one of 130 honorees from across the state.

"I'm proud to have nominated Michelle to recognize everything she's done for the community," said Rep. Ayers. "During her tenure as Secretary of the Quincy Lodge of Elks, Michelle has worked with over a dozen Exalted Rulers and provides a level of stability and quiet leadership as the Lodge carries out its many charitable endeavors."

Pateras has served as Secretary of the Quincy Lodge of Elks for over a decade, where she helps oversee the management and operations of the Lodge, which has over 1,600 members. She is involved with a number of community-based initiatives, including holiday food basket drives; veterans' programs; literacy promotion in public schools; and the Elks scholarship program.

The award is sponsored annually by the Massachusetts Commission on the Status of Women. The MCSW calls on state legislators to nominate a woman from their constituency to receive the award, presented to those who selflessly work to benefit their communities in a variety of ways.

Pateras was recognized

at the State House on June 23, along with the other 2023 Commonwealth Heroine award recipients. She was presented with a state citation from Representative Ayers.

"Michelle is a smart, hardworking, and empathetic individual who cares for those in need and uses her talents to assist them," said Ayers. "She has been an integral member of the community, giving back to veterans, seniors, students, and those who are less fortunate. Through it all, she works hard without any fanfare and without desire for attention. She's made a significant impact on Quincy and its residents, and I'm pleased to see her recognized alongside other incredible women from across Massachusetts."



QUINCY RESIDENT Michelle Pateras (center) was recently recognized as a 2023 "Commonwealth Heroine" Award recipient. At left is her daughter, Sara Pateras and at right is state Rep. Bruce Ayers. *Courtesy Photo*

Koch Eyes City Control Of Wollaston Beach

By SCOTT JACKSON

Mayor Thomas Koch is interested in taking control of Wollaston Beach from the state, believing the city can do a better job of managing it.

The 2.3-mile-long beach is presently owned by the state Department of Conservation and Recreation, the successor to the former Metropolitan District Commission. The same state agency also owns Quincy Shore Drive, which runs along the beach, and Furnace Brook Parkway, which ends near the beach.

In a recent interview, Koch said he had conversations with then Gov. Charlie Baker about the possibility of Quincy taking over Wollaston Beach. The mayor said he did so because he believes the DCR is not properly funded.

"I can say that I expressed interest to former Gov. Baker and our legislative delegation," Koch said when asked about a potential city takeover of the beach.

"I believe that the state does a lot of things well, but I don't think DCR is adequately funded and I don't see how that is going to be

a priority in the near future with the costs of education and health care and these other priorities that we're dealing with—mental health issues. I just don't know that it will rise to the level of funding that it needs to be.

"If you take a ride around the city, our parks look pretty darn nice, and I think we would have the infrastructure in place.

"We had informal talks, but nothing has been approved at this point."

In addition, Koch said visitors to Quincy are unaware that the state, not the city, has jurisdiction over the beach.

"Even people that live here struggle sometimes with who is in charge of what," he said. "I think overall, long term, it would make sense.

"First of all, local government does everything more efficient, because you're closer to everything, so I think we could do a better job, more efficiently. And when people are experiencing Wollaston Beach, it would just look beautiful each and every day and you're not worried about jurisdiction issues."

While he had those talks

with Baker, Koch said he has yet to discuss the matter with Gov. Maura Healey, who took office earlier this year, or others in her administration.

"I haven't talked with them yet, no," the mayor said. "I've got to make sure the whole legislative delegation would be supportive, and I don't think they're there yet."

The state legislature would likely have to approve of the transfer of Wollaston Beach from the DCR to the city.

"It would have to be an

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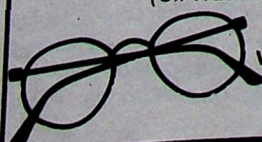
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Moments in time

THE HISTORY CHANNEL

• On July 17, 1941, New York Yankees center fielder Joe DiMaggio's hitting streak of 56 consecutive games ended as 67,468 people watched him at bat against the Cleveland Indians. His record still stands, though Pete Rose came the closest to matching it when he hit in 44 consecutive games in 1978.

• On July 18, 1984, 21 people were shot to death and 19 more were injured in a San Ysidro, California, McDonald's by James Oliver Huberty, who told his wife as he was leaving his house with three guns that he was "hunting humans." The fatal spree ended only when Huberty was fatally shot by a SWAT team sniper.

• On July 19, 1879, Doc Holliday committed his first murder, killing Mike Gordon, who'd tried to persuade a girl working at Holliday's New Mexico saloon to run away with him. When she declined, the frustrated Gordon began shooting into the saloon from the street, and Holliday returned fire, dropping him with one bullet.

• On July 20, 1963, Jan and Dean's "Surf City," which trumpeted "Two girls for every boy!" in its opening line, reached No. 1 on the U.S. pop charts. Penned by the Beach Boys' Brian Wilson, the tune helped create an image of California as an endless summer paradise.

• On July 21, 1925, John T. Scopes, a science and math teacher in Dayton, Tennessee, was convicted of violating the state's law against teaching evolution in public schools in what became known as the "Trial of the Century." He was ordered to pay a \$100 fine, but the sentence was overturned on a technicality.

• On July 22, 2003, U.S. Army Pvt. Jessica Lynch, a POW rescued from an Iraqi hospital, received a hero's welcome upon returning to her hometown of Palestine, West Virginia. Lynch and several others were captured by Iraqi forces four months earlier while riding in a supply convoy, when their unit was ambushed after a wrong turn.

• On July 23, 1829, William Austin Burt patented the typographer, a precursor to the typewriter. It wasn't a commercial success, possibly due to its slow speed or the lack of a widespread market. The working model constructed for the patent was destroyed in the 1836 Patent Office fire.

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Also known as Peruvian lily plants or "Lily of the Incas," alstroemeria like well-draining soil and lightly filtered sunshine. Whether you are adding these plants to your garden or placing them into a container, place them so that the soil level on the root ball is even with the surrounding soil. Alstroemeria plants tend to be a bit thirsty and produce the greatest number of flowers when given generous amounts of water.

- Brenda Weaver

Source: www.easystogrowbulbs.com

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Community Liaison Damion Outar Wants To Connect With Everybody

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nity.

"My role is not to make policy. It's really to facilitate a process between the mayor's office and the community and vice versa," he said. "It's to, first of all, make sure people are aware that there is a process, because one of the things that I know just being a citizen and just being someone that is almost 50, is that sometimes there are all kinds of systems in place, but people are just not aware."

"People are very busy. We're living through turbulent times and a mother or a father with one, two, three children and having to balance so many different things, the last thing that

parent is going to do is to go onto a website and to go look for something that they don't even know exists. But it's easier for someone to say, 'oh yes, that guy - he does this, let me reach out to him,' and then I can be that resource to say, 'hey, yes, here is the solution.'

"The way I see my role," he added, "is to really be a resource that people can connect with to get accurate information, and that's one of the reasons why I'm doing this listening tour, to make sure that I understand the various departments and resources in the city so I can be a conduit for accurate information."

Outar said his previous experience in mental health would be an asset in his new

role.

"If I'm at home and I'm having a problem of some kind, my immediate thought is who should I be reaching out to and depending on what that issue is, you may just get lost in a maze and not even know where to start and then you kind of go down that negative path," he said.

"That is where my mental health training comes in. It's really, really crucial because when somebody, depending on what their issue is, when they're really irate, you really have to know how to position yourself in order to not add to the issue."

"Let's face it, when we're upset, we don't always think logically. We don't always

think in a linear manner. We just want the problem fixed. And then, as I shared with someone the other day, some people believe it or not really don't want the problem to be fixed. They just want a space to vent. To be able to recognize that and to be that space where they can do that, then fine. But it's really about assessing the situation quickly and being responsive."

"My goal though, and this will be my own litmus test for success," Outar added, "will be over time - it's not going to happen tomorrow - is being proactive, getting out in front of things and facilitating a process whereby people can get accurate information."

Quincy Student Wins MWRA Poster Contest

Isabella Scarnici Earns Honorable
Mention In Grade 6-8 Category

The Massachusetts Water Resources Authority (MWRA) recently announced that a Quincy student won MWRA's Annual Poster and Writing Contest. From the grade 7 class at Atlantic Middle School, Isabella Scarnici was an Honorable Mention winner

in the Grade 6-8 writing category. Isabella was unable to attend the Award's Ceremony, but her certificate was sent to her in the mail.

The text of Isabella's essay appears below.

Close to 200 people gathered at the Metropolitan Waterworks Museum on

May 26 to honor this year's contest winners. This year, students across the MWRA service area were challenged to use their creative skills to design a poster or write an essay, poem or story about the importance of water conservation.

Winners were selected from close to 2,000 posters and over 250 writing entries.

All winning posters and

writing entries are on display at the Waterworks Museum located at 2450 Beacon Street, Boston, MA 02467 through Oct. 1.

To learn more about the MWRA School Education Program and view all the winning entries on-line, visit the School Program page on the MWRA's website, www.mwra.com.

'What If It Just Went . . . Poof?'

By ISABELLA SCARNICI
Grade 7, Atlantic Middle School, Quincy
Ms. Rebecca McNealy, Teacher

Before you read this, think about the appearance of the world. If you've never seen a globe or a picture of the Earth, look it up. Now that you've seen it or are picturing it, what color do you see the most? I'll give you a hint; it starts with a 'b' - the color blue. There could be many colors based on the globe you're looking at, but there will always be blue. What does the blue represent, you ask? Water. It represents lakes, oceans, rivers, ponds, and every body of water on this Earth. There's lots of blue, so how could it ever run out?

You know how you brushed your teeth this morning, went to the bathroom, and washed your face? Guess what you used. Water. When you're filling your water bottle up in a water fountain, that's water too. Another important factor is that it's clean. We live in Boston. We have beautiful beaches where we can swim, ponds where we can cool off after a long day, we can just walk around and drink water whenever we want. Even though you might not think so, we have it very good when it comes to water, yet we still waste it.

In school we do projects, read articles, and write essays almost every year about water. We've seen pictures of people in places where they can't go to school because they have to walk for miles to find filthy water that will only make them sick. Even this year I learned we only have access to 1% of all the water on Earth. We're aware of the problem, but no one seems to take action because we've never been in the situation ourselves. We might not realize it, but there's a piece of some people that just can't understand it without living it. As Benjamin Franklin once said, "When the well is dry, we know the worth of water."

I've seen kids and adults wasting water without a second thought because "it was just a minute of letting the faucet run!" The standard for faucets since 1994 has been between 2.2 gallons (8.33 liters) per minute and 2.5 gallons (9.46 liters) per minute. It really isn't just a minute. Kids dump their water on the playground for fun, knowing they can just

refill it later. Sometimes they're not just wasting clean water, but dirtying the water around us by throwing trash into a pond and saying "oh it'll just wash away." It's expensive to filter water, and sometimes we can't. My own faucet has been leaking for a few months now, but still, my own family (that includes adults) doesn't want to deal with it because the water will just "keep coming". We have never been put into a real situation where there is simply no water. Most of the people that live around us here have never had a concern.

If there was one thing I would do to change people's opinions about conserving water, it would be to shut off all water before going anywhere for simply a day.

Think about your daily routine. Maybe you wake up in the morning and have a glass of water to start your day before hopping into a crisp, cool shower to wake you up. After that, you might brush your teeth and wash your face, before doing skincare. Then perhaps you head into the kitchen to eat your breakfast before packing your things and heading to school or work. That's probably not exactly what you do, but everyone needs to take a shower, brush their teeth, and wash their face. Everyone needs to drink too. How nice does it feel to have a nice cold cup of water on a summer day? Crisp as fall leaves, as refreshing as waking up after a long rest.

Now I want you to think about that routine if you woke up to an alert saying that all water in the town has run out. You wake up in the morning and look over at your bedside table at an empty glass of water. You get up, thirsty and confused, and walk into the bathroom to take a shower. Although, you find the water won't turn on. Even more confused, you walk over to your cell phone and see a message that there is no more water. All gone. Nothing. You can't survive, no one can. Maybe this won't happen in your lifetime, but if people continue to let the faucet run or throw trash into a lake, it will. The world doesn't have endless resources. The Earth offers us hospitality by allowing us to live our lives in the comfort of its atmosphere, but being polite to your host is just as important as your host being polite to you.

Scenes From Yesterday



THIS 1937 postcard is a picture of a new QMC Special Service Truck custom built and delivered to the Quincy Fire Department by the Public Floodlighting Company of Syracuse, New York. The truck was purchased to replace a 1930 Chevrolet flood lighting truck damaged in an icy road accident the past winter. Pictured with the new truck are Mayor Tom Burgin on the left and Fire Chief William J. Sands on the right. Sands served the

Quincy Fire Department for 40 years; the first six years as a call fireman and the last 16 as chief. He retired in 1946. He was also a longtime member and commodore of the Squantum Yacht Club. The truck shown here has a strong resemblance to the vintage Quincy Engineering Department truck discovered about a dozen years ago off an old back road in Truro.

From the Collection of City Historian Tom Galvin

Rescheduled Neponset Day Festival Set For July 30

The Neponset River Watershed Association (NepRWA) announces a new date for their annual Neponset Day Festival.

The public is invited to participate in the free, family-friendly event on Sunday, July 30 from 9 a.m. to 1 p.m. at DCR Neponset II Park in Dorchester, at the corner of Hilltop Street and Granite Avenue. Activities include free boating with Paddle Boston, kids' crafts and games, music, food trucks, environmental exhibits and more.

"We are very happy to be able to reschedule this fun celebration along the Neponset River," said NepRWA Greenways Director, Andres Ripley. "Neponset Day celebrates

our diverse communities and gives residents an opportunity to learn about the River, enjoy the waterfront park and Greenway Trail – and even try a free paddle on the water if they wish."

For more information about Neponset Day, visit neponset.org/neponsetday.

The Neponset River Watershed includes the communities of Dorchester, Hyde Park, and Mattapan; Canton, Dedham, Dover, Foxborough, Medfield, Milton, Norwood, Quincy, Sharon, Stoughton, Randolph, Walpole, and Westwood. Learn more about the Neponset River Watershed Association at www.neponset.org.

Fundraiser To Benefit Neurofibromatosis Foundation

William James Gifts, 1543 Hancock St., Quincy will be hosting a pop up fundraiser on Thursday, July 13th from 6 - 8 p.m. to benefit The Neurofibromatosis Northeast Foundation.

Palm Prints Co. will also be popping up at William James

Gifts during this time. Both WJG and Palm Prints will donate a portion of their sales to the NF Northeast Foundation.

For those who cannot visit the fundraiser in person, a portion of online sales that day will be donated as well. Visit www.williamjamesgifts.com.

READERS FORUM

This Quincy Resident Has Had Enough

Time for Mayor Koch to fold up his tent. The residents of Quincy have had enough.

Unending building of condos and apartments are ruining our city. (Many encroaching on neighborhoods of lovely homes!) Traffic is overwhelming, unsafe. Gridlock on Hancock from beginning to end is a nightmare. Every day we experience road rage from impatient drivers who need to use this route.

I recently saw another 32-unit condo on 21 Totman St. is in the works, looking for approval. Apparently this is to

conform with state guidelines encouraging multi-family development around MBTA stations.

Of course there will be no increase in traffic: Really? Look around the streets of Quincy. Someone is benefiting from all this building. Not the residents, nor the City of Presidents!

When is the election?

Joan A. Smith
Quincy

Some Thoughts While Looking Ahead To Next Year For The Red Sox

• I understand the need for more housing in Quincy, but the majority of new housing built here are condos, not affordable housing for people who are in need of them.

• I hope the money for the Community Preservation Fund in Quincy is ethically used, and not used to preserve space in order to avoid building affordable housing. There have been rumors around the state of this happening in other cities and towns.

• Great that Anne Mahoney is running for the mayor of Quincy office. We can't allow Mayor Koch to be the office for SO long and be SO comfortable in his seat of power.

• It must be election year? Right? You know why? Because perfectly ok, well-conditioned sidewalks, some, I bet, that were replaced only a few years ago, are dug up and replaced with, you guessed correctly, new ones. What a waste of public tax money and the abuse of public trust.

• I also would like to say "Thank you. Great job!" to the Mario Susi and Sons, the excavating contractor who made

new sidewalks and paved new streets in our neighborhood. The workers worked very efficiently and professionally. "Thank YOU!!!" The neighborhood looks and feels 100 times better.

• People Power. From saving the Ruth Gordon Amphitheater from destruction to properly recognizing Abigail Adams with a statue in the (Hancock-Adams) Common to residents supporting Black Lives Matter to speaking out against more condo developments, we could go on and on. People Power. Let's continue the good fight on issues in the city because they're worth fighting for.

• I'm Asian-American and I'm very happy and enlightened to see and hear more and more Asians supporting and contributing to the well being of the city. And we need to continue to give back to the city as much or more than the city of Quincy has given us. Be grateful and appreciative.

God Bless,

Gene Lee
Quincy

Quincy's Yesterdays

This Week
1967
56 Years Ago

Chief Gorman Honored

Longtime Quincy Fire Chief Thomas F. Gorman was honored at a retirement luncheon. Chief Gorman was presented with a gold badge in recognition of his almost 20 years of service as chief. The presentation was made by Mayor James R. McIntyre.

Chief Gorman fought his last blaze in a barn at 206 Centre St. Saturday evening, July 1, just hours before his retirement at midnight.

One firefighter said it was good to be able to send the chief out "in a blaze of glory."

REPAIRS, RENOVATIONS FOR TWO SCHOOLS

The school department has provided Councillor John F. Koegler with a list of necessary repairs and renovations needed for the 75-year old Lincoln School and the 81-year old John Hancock School.

School Superintendent Robert Pruitt and John Osterman, principals of both schools, drew up a list of the necessary work that would be required by the two schools in lieu of a new 650-pupil school in South Quincy.

Councillor Koegler said that he would ask Building Inspector Allan F. MacDonald to give him cost estimates for the additions and renovations before making up his mind whether to support the controversial request for a new \$1.7 million school.

(Editor's note: The Council would approve the bond issue for the new school, which opened in 1975 as the Lincoln-Hancock Community School.)

QUINCYISMS

The New England Marine Trade Association gave its annual safe boating award to **Frederick P. Casey**, 27, of 27 Briggs Ave, Wollaston. Mr. Casey pulled five persons, including a four-month old baby, from a blazing cruiser in Quincy Bay in August 1966... **Quincy Fireman George Leonard** was honored for his 40 years of service on the Quincy Fire Department at a retirement testimonial dinner... **Sister Charles Rochard**, daughter of retired **Quincy Police Captain Charles** and **Mrs. Hinchon** of 54 Standish Ave, Wollaston, has been assigned to Carney Hospital as an administrative resident... Hancock Tire and Appliance, 115 Franklin St., South Quincy, noted that "Your Washday Can Be a Breeze With a Complete General Electric Home Laundry Washer and Dryer"... Bay State Fence, 382 Sea St., Quincy, was asking "Get Our Price Before You Buy, No Money Down - Up To 5 Years To Pay"... **Miss Janet Carpenter**, daughter of **Mr. and Mrs. David P. Carpenter**, 170 East Squantum St., North Quincy, was awarded the silver wings of an American Airlines stewardess after completing training at American Stewardess College, Fort Worth, Texas. Miss Carpenter was a graduate of Woodward School for Girls... The double feature at the air-conditioned Strand Theater, Chestnut St., Quincy Center, included Bob Hope, Phyllis Diller and Jill St. John in "8 On The Lam" and Steve McQueen and James Garner in "The Great Escape"... Howard Johnson's on the Southeast Expressway, West Quincy, was advertising an "All You Can Eat, Fish Fry, for only \$1.19 Per Person. Includes Fried Fish, French Fries, Cole Slaw, Tarter Sauce"... First National Stores was offering "Top or Bottom Round Roasts, 75 cents a pound"... **Mr. and Mrs. John Caruso**, 21 Berry St., Quincy, celebrated their 40th wedding anniversary at a reception hosted by their son Robert Caruso... **State Rep. Joseph E. Brett (D-Quincy)** announced that he would not be a candidate for mayor in the city of Quincy fall elections. Rep. Brett stated that his decision not to run was based on his belief that no person should hold more than one elective office at the same time... **Edward A. Densmore**, 66 Hamilton St., Wollaston, was the newly appointed area district deputy grand exalted ruler of the Benevolent and Protective Order of Elks for 1967-1968... The Most Blessed Sacrament Church invited one and all to attend the Annual Trombola to be held on the church grounds, Sea and Darrow St., Houghs Neck, Thursday, Friday and Saturday, July 6-8. Prizes to be awarded include: 1st prize, Zenith Colored TV Console; 2nd prize, Westinghouse Washer and Dryer... **Mayor James R. McIntyre** named **Alfred G. Raymondi**, 16 Miller Stile Rd., a permanent superintendent of the highways and sanitary divisions of the city Public Works Department. Mr. Raymondi had served as acting superintendent for 10 months... The Quincy License Board granted, subject to health department inspection, a Lord's Day license to operate on Sunday to John's Fruit Store, 59 Franklin Street... **Bernice C. Mader**, daughter of **Mr. and Mrs. Raphael Mader**, 116 Water St., was working with the Migrant Education Project of the Commonwealth Service Corps. Miss Mader teaches English to Spanish speaking workers four nights a week at Bridgewater and Milton.

KEEPING UP WITH THE RED SOX

The Boston Red Sox were in second place in the 10-team American League with a 39-34 record, 4½ games behind league-leading Chicago White Sox. (Editor's note: The Red Sox would go on to win the pennant on the last day of the year before losing in the World Series to the St. Louis Cardinals in seven games.)



ALMOST 600 MEMBERS of the Quincy Point community getting ready to run in this year's Family Fun Run hosted by the PTOs at Clifford Marshall Elementary and Point Webster Middle Schools.

Point Webster/Clifford Marshall Family Fun Run, Wellness Expo

On Saturday, June 3rd, close to 600 members of the Quincy Point community gathered for a Family Fun Run & Wellness Expo hosted by the PTOs at Clifford Marshall Elementary and Point Webster Middle Schools. The goal of the event was to celebrate health, fitness, nutrition, and wellness together as a community.

Families started at Point Webster under a giant inflatable start line. Seventh grade Point Webster student Manar Gharbi kicked off the event with the singing of the national anthem. After a quick warm up, students and families ran/jogged/walked the 1.5 mile route to Clifford Marshall, with many Quincy Police officers ensuring runners' safety along the way.

Although the dreary weather caused many of the planned activities at the end of the route to either be cancelled or moved inside, participants still had fun taking part in many of the activities on the Marshall campus – including music, dancing, vendor tables, cornhole, face painting, basketball free throws, an obstacle course, yoga, a photo booth area, touch an ambulance

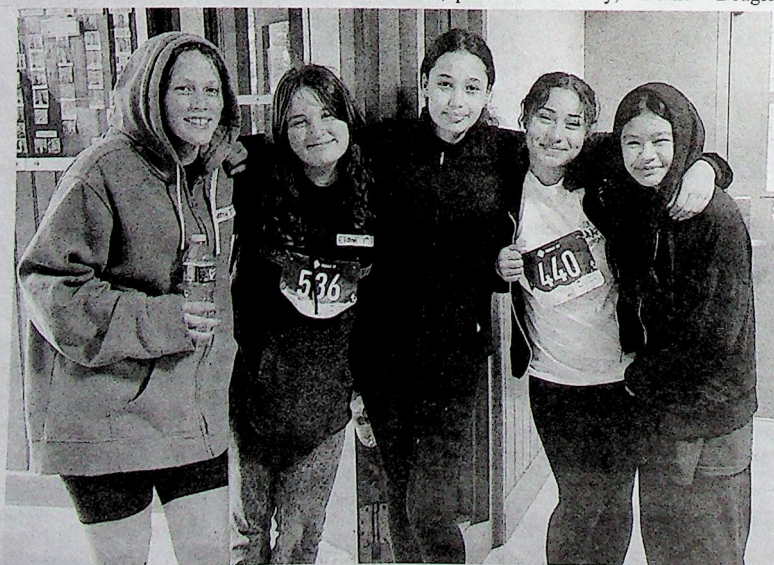


COURTNEY PERDIOS gets her blood pressure taken by a Manet Health technician.

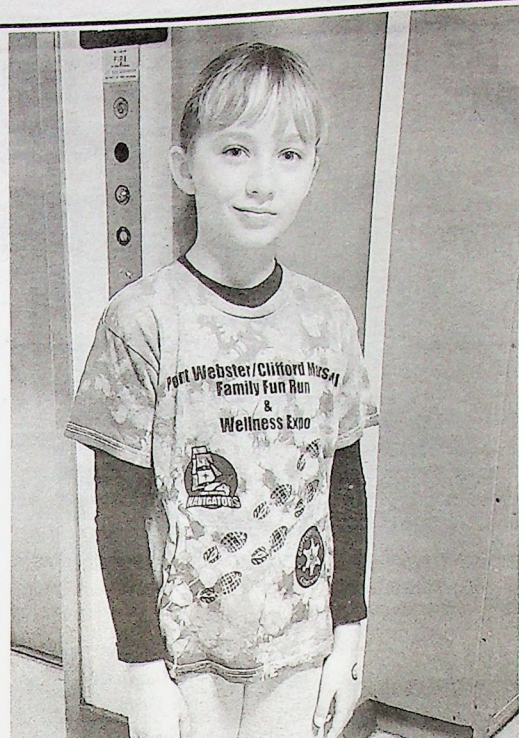
and fire truck, a raffle table, hula hoops, jump roping, and blood pressure screening and COVID vaccines and boosters from Manet Health.

Courtney Perdios, organizer of the event, praised

the teachers, staff, and administration at both schools for their hard work promoting and volunteering at the Fun Run, especially Principals Nick Ahearn and Christine Barrett, as well as Betsy Crowley, Diane Deagle,



POINT WEBSTER STUDENTS Merry Murphy, Eliana O'Connell, Manar Gharbi, Dafny Rodrigues Campos and Viana Huynh.



KATRINA ROUST showing off her official event t-shirt.



MELISSA WEBSTER of Missy's Movement with some of her dance students - Amanda Murphy, Zadie Alves and Ava Aquino.

Courtesy Photos

Janice Chapman, and Lindsey Reardon from Clifford Marshall, and Dominique Lucier, Mike Lorenzano, Michelle Cuniff, and Lyn Horado from Point Webster for going the extra mile to

make the event a success. Many parents/guardians from both schools also volunteered much of their time planning and leading the event, including Courtney Perdios, Nancy DeLisle,

Manny Alves, Gail Sanchez, Melissa Webster, Steve Perdios, Joy Lewis, Stephanie Aquino, and Kerry Nelson. About 30 high school students, under the direction

Cont'd On Page 7



A QUINCY POINT family getting ready to run!



MICHAEL LORENZANO, health teacher at Point Webster, led the push up challenge, assisted by some high school students.



AMANDA KIMBLE leading yoga station.

Point Webster/Clifford Marshall Family Fun Run, Wellness Expo

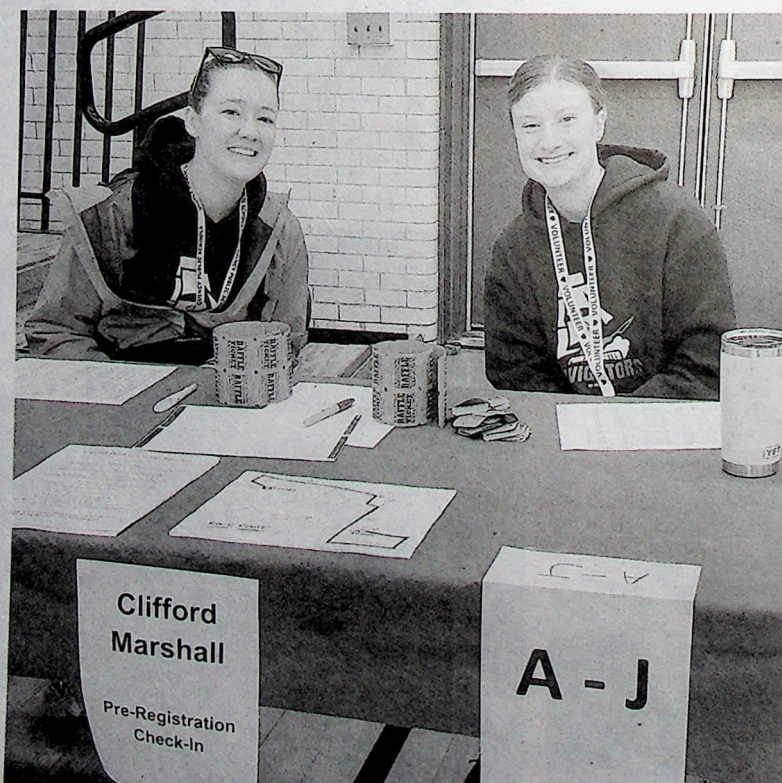
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of Michelle Cunniff, earned community service hours volunteering their time face painting and assisting at the activity stations.

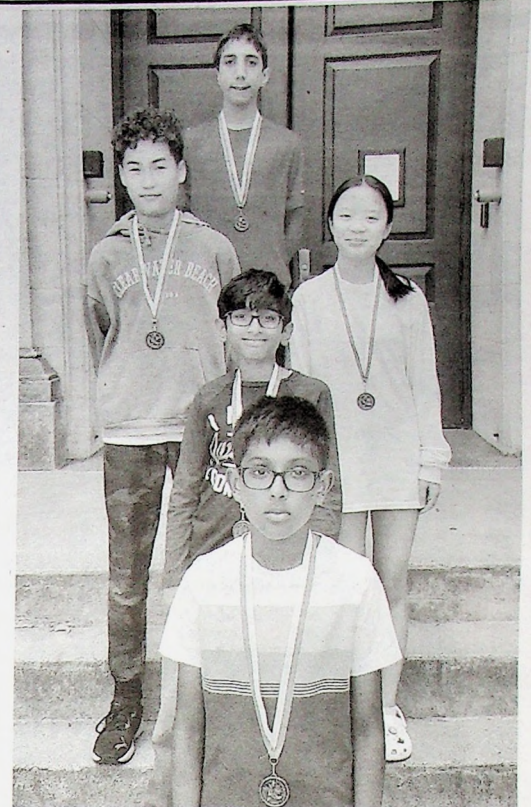
Special thanks to QPS Safety and Security Director Mike Draicchio, Brewster Ambulance, Quincy Police and Fire Departments, and QPS Transportation Department.

The Clifford Marshall and Point Webster PTOs also humbly thank all of the community sponsors whose donation supported this event:

- Silver sponsor: Mayor Koch
- Bronze sponsors: Ward 2 Councillor Anthony Andronico, Ward 2 Council Candidate Richard Ash, Quirk Auto Dealers, Bank of Canton, Proving Ground Studio, and QCARE



MEGAN KEOUGH and Dominique Lucier, teachers at Point, helping at the registration table.



WINNERS OF THE Point Webster competitive heat: Grade 8 student Ethan Coates, Grade 7 students Habib Goutay and Vanessa Tran, Grade 6 students Jaideep Madhalam and Lainie Sanchez (not pictured), and Grade 5 student Tharun Prabar. *Courtesy Photos*



HIGH SCHOOL STUDENTS doing face paint for community service hours.



KERRY NELSON, mom of Dristan a 5th grader at Point Webster, hula hooping.

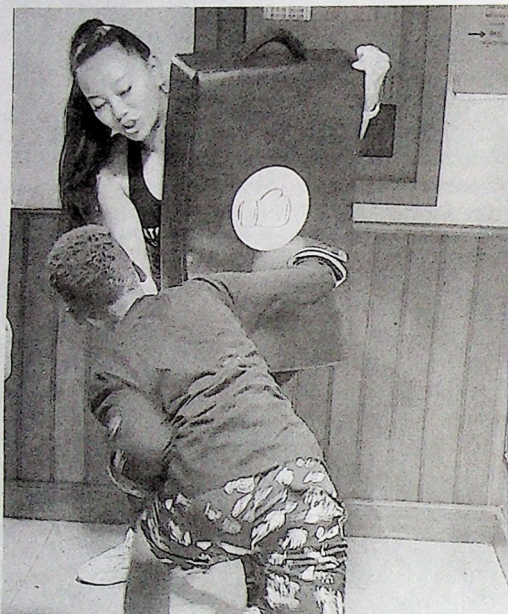
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RUNNERS OF ALL ages starting out on the 1.5 mile run.

THANK YOU!

THANKS TO ALL our community sponsors.



A STUDENT LEARNING how to punch from an ATCK Fitness instructor at their vendor table.



Fun Run organizer Courtney Perdios leading a group warm up before the run.

Point Webster/Clifford Marshall Family Fun Run, Wellness Expo

- Vendors: Ward 2 Civic Association, Northeast Therapy, MCR Chiropractic, ATCK Fitness, and Quincy Credit Union
- Monetary donors: State cillor-at-Large Nina Liang, School Committee Member Emily Lebo, School Committee Candidate Courtney

Cont'd On Page 9



LINDSEY REARDON, 1st grade teacher at Clifford Marshall, handing out water bottles donated by the QEA.



THE FIRST WAVE of runners heads out.



ALICIA GARDNER, Courtney Perdios, and Richard Ash share a photo.



DOMINIQUE LUCIER, teacher at Point Webster, showing the winners of the competitive heat.



MARSHALL PHYSICAL EDUCATION teacher, Janice Chapman, with Marshall Principal Nick Ahern, and Amanda Ruggiero, teacher at Marshall, at the finish line.



CAFETERIA MANAGERS at Marshall and Point, Diane Deagle and Lyn Horado, handing out refreshments to participants. *Courtesy Photos*



HANNAH PERDIOS, Salma Hadjakem, and Lainie Sanchez pose in the photo booth area.

Point Webster/Clifford Marshall Family Fun Run, Wellness Expo

Cont'd From Page 8
Perdios, Stop & Shop, and Quincy Mutual Group
• Raffle prize donors: JP Restaurant Group (Fuji at WOC, Shabu, YoCha, b-

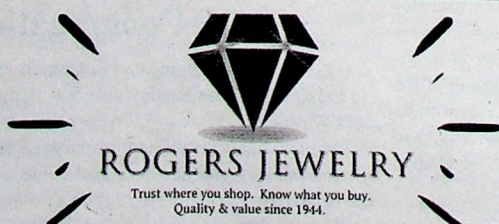
cafe), The Fours, Cucina Mia, Fitness Unlimited, Healing Tree Yoga, Joan's Gym, Hair On Point, InSync Center of the Arts, and Hale Family YMCA

• Water stations hosted by: Neon Marketplace and the MWRA
• Water bottles donated by: Quincy Education Association (QEA)

• Yoga station led by: Amanda Kimble
The money raised from this community event will be reinvested back into the schools, and will fund increased wellness initiatives, technology needs, in-school

programming, offset field trip costs, support classroom teachers, and other efforts throughout the year for students and families.
If you would like to make a donation to next year's Point Webster/Clifford

Marshall Family Fun Run & Wellness Expo, checks payable to "Point Webster PTO" may be sent to Point Webster Middle School, Attn: Family Fun Run, 60 Lancaster St., Quincy, MA 02169.



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'Better Days Ahead' For MBTA, Koch Says

By SCOTT JACKSON

A member of the MBTA Board of Directors, Mayor Thomas Koch said recently that better days lie ahead for the beleaguered transit agency while also stating there is no easy fix for the system's woes.

One of seven members of the board of directors, Koch discussed a number of topics related to the MBTA during a recent interview, in-

cluding the appointment of a new general manager earlier this year, ongoing track work to remove slow zones throughout the system's subway lines, and plans for improvements to the Quincy Center station. He also provided an update on plans for a new city-owned garage in the vicinity of the Parking-way.

The MBTA's new gen-eral manager, Phillip Eng,

took the reins at the transit in agency in April after being appointed to the position by Gov. Maura Healey. Eng served as the president of the MTA's Long Island Rail Road, the country's busi-est community rail system, from 2018 and 2022. He began his career in the New York State Department of Transportation and served as the chief operating officer of the MTA prior to running

the LIRR.

Koch said he was pleased with Healey's decision to hire Eng.

"Mr. Eng certainly has a very impressive background in light rail and heavy rail. He understands the issues, because he dealt with some of those issues where he has been," Koch said.

"I think it was a good choice. I think the expecta-tions for success are prob-ably a little too high recog-nizing that there is a lot of structural issues with the T that's just going to take time to work through, but I think he's the right choice. I think Gov. Healey made a good choice with Phillip."

The MBTA has been operating in recent months with a number of speed res-trictions in place on its sub-way lines, including the Red Line that serves Quincy. Slow zones covered 21 per-cent of all tracks on the Red Line as of June 22, down slightly from 23 percent at the beginning of the month, according to a dashboard available on the MBTA's website.

Asked about the track work on the Red Line and the other subway lines, Koch said the MBTA con-tinues to make progress and credited Healey and her pre-decessor, Charlie Baker, for their leadership on public transportation.

"Let me say what I al-ways say to start with, and that is we're dealing with 50 years of neglect. This is the oldest transit system in the country and for decades it was ignored as far as the maintenance goes. There was always talk about 'ex-

pansion, expansion' but you've got to maintain what you have, and I think over the years it was ignored," Koch said.

"I'm not putting the blame on anybody. It's not a time for blame. It's a time for bringing everyone together to find solutions because it's too important. Public transportation is the engine that drives the economy for Eastern Massachusetts, the Boston region, metropolitan area. It is extremely impor-tant and people that are us-ing it want to know they can depend on it.

"There has been a lot of interruption, a lot of crazy things that have happened over the last few years. I do think - I know - better days are ahead and every day we're making more prog-ress on the improvements, the physical improvements on the lines, but also struc-tural improvements on how they do business as the T and operate. It's an old agency. Phil has is work cut out for him, as does the board, but I think we're making good progress.

"I'm so pleased that Gov. Healey is so involved in be-ing a leader and trying to fix it. I think if you don't have the governor in the mix, it's going to be a difficult solve. Obviously, Gov. Baker got very involved and now Gov. Healey is following suit, and I appreciate her leader-ship on it, because this is not an easy fix. We're going to have to figure out the long-term solution, particularly on the funding side."

The MBTA, Koch add-ed, could do a better job communicating with riders when issues arise.

"There is so much going on, trying to communicate everything out to the public, those people that use those particular lines or buses or whatever it may be, it gets very frustrating for them," he said. "I would agree we've got to do a better job, the T has to do a better job, of communicating."

The MBTA closed the garage at the Quincy Center station without warning in 2012 because of structural concerns. The garage was demolished in 2018 in con-cert with the rebuilding of the T's Wollaston station.

Funds have been set aside for renovations of the Quincy Center station, Koch said, and the T has begun designing the new station. It remains to be determined whether a work on a mixed-use development can take place alongside work on the station itself, or whether those would be done sepa-rately.

"The money is there for it. I'm grateful to Speaker Mariano and the legislative delegation for finding the resources last year. Now the T is moving forward on its design - they call it study/design, but it's really design, because they know that there is a lot of im-provements needed," Koch said of the Quincy Center station.

"I think initially what happened is they thought, the T thought, that a devel-oper could make some im-provements as part of the development around the station. The problem is every-body quickly learned that those improvements were way, way, way too expen-sive. It was a much bigger investment than everybody thought at the time. I'm not surprised by it, but the T seemed to be.

"So, they've got to get their house in order on what the expectations are of the new station, what's the scope, get the bid specs together and then get the

Cont'd On Page 23

United First Parish Church To Hold Annual John Quincy Adams Presidential Wreath Laying Ceremony

Celebration July 11 Marks 256th Birthday Of 6th President

On Tuesday, July 11th at 12 noon the annual Presi-dential Wreath Laying Cer-emony in celebration of the 256th birthday of President John Quincy Adams will be held at United First Parish Church, the "Church of the Presidents," in Quincy

On the birthday of every deceased President there is a wreath presented at the grave of that former Presi-dent, on behalf of the cur-

rent President. This year the wreath will be presented on behalf of President Joe Biden by Lt. Cmdr. Alicia Ping from the Navy Op-erational Support Center Quincy.

This year's wreath lay-ing ceremony focuses on John Quincy Adams' legacy of equality. The ceremony features moving music from the Navy Band Northeast's Brass Quintet, and the Quin-cy Choral Society.

For decades United First Parish Church has used the tradition of a presidential wreath laying to bring the Quincy community together to reflect on our shared his-tory as "City of the Presi-dents." The church collabo-rates with elected leaders, historians, educators, au-thors, musicians, commu-nity and cultural groups, as well as the Navy, to create a unique and celebratory event that honors the legacy of John Quincy Adams and John Adams by encourag-ing lifelong learning and

fostering a commitment to democracy.

John Quincy Adams, sixth President of the United States of America, was a life-time member of United First Parish Church and is entombed in the Presidential Crypt in the Church along-side his First Lady, Louisa Catherine Adams, and his parents, President John Adams and First Lady, Abigail Adams. The congregation was founded in 1639 and has operated a Historical Tours program open to the public since 1976 providing tours of the Presidential Crypt and the historic sanctuary, built in 1828. The congregation is open for tours six days a week (closed on Wednes-days).

The ceremony is open to the public. Historic tours will be available following the ceremony. The building is wheelchair accessible.

United First Parish Church is located at 1306 Hancock St., Quincy Center.

Concerts On Library Lawn

July 13, July 20, July 27

Bring a chair or blanket and join the Thomas Crane Pub-lic Library on the Lawn this July for a Summer Concert Se-ries.

The Rudderings kick off the first night on Thursday, July 13, from 7 to 8 p.m. for a multi-generational, multi-instrumentalist, multi-talented good time.

The second concert in the series on Thursday, July 20, from 7 to 8 p.m. features rock-funk band Slapback.

Singer-songwriter folk duo Dave Falk and Lisa Housman close out on Thursday, July 27, from 7 to 8 p.m. as Sweet Wednesday. They will be accompanied by Alex Schwarz on bass, Walker Wright on drums, and Keith Hollis on keys.

The concert series is sponsored by the Friends of the Thomas Crane Public Library. Visit the library's online Events Calendar for more information and more happen-ings at TCPL.



NICHOLAS ANDRADE of Quincy recently gradu-ated summa cum laude from Brown University in Providence, RI. Andrade majored in modern culture and media at Brown and would even-tually like to explore busi-ness opportunities in film or related industries. A 2018 graduate of North Quincy High School, he is the son of Shelley Andrade and the late Paul Andrade. As a senior at North, Nick while fencing for Moe Fencing in Somerville, earned a gold medal at the USA Fencing National Cham-pionships, Div. 1A in Dallas. His next endeavor starts this fall when he begins his em-ployment at J.P. Morgan in New York City.

Courtesy Photo

Library Online Program With Bestselling Author

The Thomas Crane Pub-lic Library invites the pub-lic to meet New York Times bestselling author Lisa See online Wednesday, July 12, from 7 to 8 p.m. when she discusses her new book "Lady Tan's Circle of Wom-en."

The captivating true story of a 15th-century Chinese woman physician is a triumphant reimagining of the life of a remarkable woman in the Ming Dynasty, and an inspiring tale of women helping women.

Register now on the Thomas Crane Public Li-brary website. Visit the li-brary's online Events Cal-endar for more information and more happenings at TCPL.

Camp Worship Sunday At QP Congregational

Quincy Point Congregational Church invites the public to Camp worship on Sunday, July 9 at 10 a.m. at the church, 444 Washington St.

Jeanne Lucas, the director of music, is the summer solo-ist this Sunday and she will lead some camp sing-a-long favorites.

The sanctuary is air-conditioned. The building is acces-sible to all via the Abbey Road entrance, complete with des-ignated accessible parking and an elevator.

This week's worship will not be live- streamed. How-ever, those unable to attend in person are encouraged to visit the church online venues and pick a service. You can access past live streams at any time through the church website (quincypointcong.org), as well as the church's Facebook, Vimeo, and YouTube pages.

Stay tuned for more exciting summer happenings like guest preachers, Third Sunday personal care item collection for Interfaith Social Services and the Summer of Love Wor-ship and craft series.

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Shorebird Protection Program Coordinator FWB Speaker July 9

The Friends of Wollaston Beach (FWB) will kick off the season with a meeting on Sunday, July 9 at the Wollaston Yacht Club, 692 Quincy Shore Dr. from 1 to 3 p.m.

The speaker, DCR's Shorebird Protection Program Coordinator Elizabeth Kernan, will discuss DCR's efforts to protect the plover population on Wollaston Beach, and shorebirds in general. Light refreshments will be served.

On Monday, July 10, FWB, in partnership with the Thomas Crane Public Library, will present the first

of two story hours at the Tot Lot across from Wollaston Beach (West Elm Avenue). Story hour will begin at 10 a.m. and will be geared to children 2-6 years of age. The second story hour will be on Monday, Aug. 14.

Yoga on the Beach with Lori Scott will be held on Sunday, July 16 at 8 a.m. at the north end of Wollaston Beach. While all FWB programs are free and open to the public, space is limited for yoga, so reservations are required by emailing Lori at loriscott@yoga@gmail.com.

FWB would like to thank and congratulate all those

involved in the Annual Harvey's Saltwater Fishing Tournament for Disabled Vets - which is in its 65th year. Captains of over 20 lobster and fishing boats give up their day of fishing to make this a special day for the veterans. Over 100 volunteers make this happen each year. Save the Harbor/Save the Bay and Friends of Wollaston Beach are happy to support this event.

FWB's signature event - Kids' Fest - will take place on Sunday, Aug. 13, from 1 to 4 p.m. This event includes a DJ, games, prizes, glitter tattoos, face painting,

giveaways and more. Save the Harbor/Save the Bay will also provide a fun-filled educational component for Kids' Fest.

Capping off the currently planned events is FWB's annual participation in Coast-sweep - Saturday, Sept. 16 from 10 a.m. to noon on Wollaston Beach near the yacht clubs. COASTS-WEEP Massachusetts was formed in 1987. COAST-SWEEP participants join hundreds of thousands of other volunteers in the world's largest volunteer ef-

fort for the ocean - Ocean Conservancy's International Coastal Cleanup - collecting trash, fishing line and other marine debris, and recording data on what they find. This data is used to find solutions for keeping trash out of the ocean.

FWB would like to thank M.Sgt. John Delorenzo and the North Quincy High School Jr. ROTC. "Without the cadets from the NQ Jr. ROTC, FWB would be unable to be as efficient at conducting programs," Friends President Maureen Mazri-

mas said. "From cleanups to Kids' Fest, the cadets are always there ready to lend a hand. We are most grateful."

Mazrimas also congratulated FWB's scholarship recipients and wish them luck in their college experience.

If you would like to know more about FWB, go to "friendsofwollaston.com," or email Mazrimas at friendsofwollaston@gmail.com. Dues are \$10 per year and can be sent to Friends of Wollaston Beach, c/o Mazrimas at 49 Bayberry Rd., Quincy, MA 02171.

Koch Eyes City-Control Of Wollaston Beach

Cont'd From Page 3

act of the legislature is my guess," Koch said when asked about the process of taking over the beach.

The mayor said it was too soon to say what it would cost Quincy to maintain and manage the beach on an annual basis, but he noted there are already a number of other beaches under the city's jurisdiction.

"We didn't get that far, but I would suggest that the infrastructure is in place," he said when asked about the cost. "We have a very strong DPW department with good infrastructure, we have a good Department of Natural Resources with good infrastructure, meaning vehicles, equipment. We have our own beaches. We have a beach cleaner. We do

our own. So we wouldn't be starting from scratch if this ever came about.

"But again at this point it's just a couple of thoughts and ideas. We'd have a long way to go before it is finalized."

Koch said it has yet to be decided whether the city would also take control over Quincy Shore Drive or Furnace Brook Parkway, if Quincy were to take over Wollaston Beach. He did suggest there are some issues that arise because those roads are owned by the state and not the city.

"It gets tricky in those regards because people call for a tree, the tree is on state property, you try to explain that to them. The sidewalk, they call us, they're paying property taxes here but it's state controlled," Koch said.

"We're just trying to do the best we can for the people that we represent. I think we're going to continue to talk about it, see where it goes."

While Koch is interested in taking control of Wollaston Beach from the state, he said he has no interest in assuming control over the Blue Hills Reservation from the DCR.

"I would have no interest in taking over the Blue Hills," he said.

"That's something that truly should remain regional, because you're touching several communities with the Blue Hills. Quincy, Milton, Randolph, Canton at least. And of course, Boston as well; Blue Hill Ave goes right over. That to me makes sense to have a regional organization handle that."



MAYOR TOM KOCH recently visited with The Clam Box new owner Marko Fani (right) and Manager Jayne Goggin (center) as they re-open the famous spot on 789 Quincy Shore Dr. for the summer season.

Photo Courtesy Lisa Aimola/Mayor's Office

MassHire South Shore Workforce Board Awarded \$975,710 Grant

MassHire South Shore Workforce Board, City of Quincy recently received \$975,710 to hire 308 youth as part of the Commonwealth of Massachusetts' YouthWorks program.

Lieutenant Governor Kimberley Driscoll and Labor and Workforce Development Secretary Lauren Jones joined youth participants, employers and supervisors, and state partners to announce the grants.

In total the Healey-Driscoll Administration awarded \$34.4 million in state funding grants to support the hiring of 7,655 youth in summer and year-round employment through the YouthWorks program for the 2023-2024 program year. The YouthWorks program provides teens and young adults with hands-on work experience and soft-skill development in regions across the Commonwealth.

"The YouthWorks pro-

gram opens doors for young people to gain real-world work experience and the opportunity to explore potential career pathways. The funding announced today will help shape the futures of more than 7,000 youth and young adults across the state, while also providing them with a hard-earned paycheck," said Governor Healey. "When we invest in Massachusetts' next generation of talent, we all win."

For 2023-2024, 16 regional Workforce Investment Boards across the state will receive over \$34 million in grants through the YouthWorks program. The grants will fund paid, short-term, work placements throughout the year at public, private, and nonprofit work sites with the highest engagement during summer months. Participants will receive training in core soft skills, mentorship, and the opportunity to work side-

by-side with professionals in areas of their interest. Additionally, participants will be guided on how to further their education and career pathways.

The YouthWorks program is administered by Commonwealth Corporation in partnership with the 16 MassHire regional Workforce Boards to provide employment opportunities for young people ages 14 to 25 years old, from over 30 cities across Massachusetts, between July to August and September to June, annually. Participants of these programs are young adults whose family income does not exceed the annual equivalent of 200% of the federal poverty guidelines. This is achieved by partnering with nonprofits, public sector, and private sector businesses, offering a variety of career experiences to our participants throughout the program cycle.

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MassOMS.com/Quincy



On Sunday, June 25, Officer Minton was on patrol and monitoring traffic in the area of Southern Artery and Edison Street. At approximately 6:53 p.m., he observed a green moped traveling southbound on Southern Artery. As it got closer, he noticed that the operator was not wearing a helmet and did not have a registration plate attached. Both infractions violate Massachusetts general law.

Officer Minton followed behind and waited for a safe spot to stop the operator as there was heavy traffic and the operator was not wearing a helmet. The moped was stopped at Southern Artery and Field Street. Officer Minton made contact with the operator who produced a Massachusetts I.D. card but confirmed that he did not possess a driver's license. He observed that the moped had no key in the ignition, the ignition panel was loose and there were battery wires exposed.

Officers Watkins and Graham arrived on scene to assist. The operator could not prove ownership of the moped. A query of the moped's VIN number showed it to be stolen out of the Roxbury section of Boston. The operator was placed

A Job Well Done

By OFFICER GREGG HARTNETT
Public Information Officer
Quincy Police Department

into custody. He will be charged at Quincy District Court with the following: receiving stolen property, possession of burglarious tools (channel lock pliers), unlicensed operation of a moped, operating a moped without a helmet and operating an Unregistered Moped.

Job Well Done!

On Monday, June 26, at approximately 6:02 p.m. our Communication Division put out a BOLO (Be On The Lookout) for a black Honda with no plates attached, being operated by an intoxicated male that had just left the area of 500 Washington St. A brief time later, Officer Walker who

was patrolling the area and monitored the BOLO observed the black Honda with no plates attached about a block away. Officer Walker conducted a motor vehicle stop at the corner of Washington Street and Broadway Street.

The operator was intoxicated and had slurred speech. When Officer Walker requested the operator's license, he produced his debit card. It was determined that the operator did not have a valid license and that the vehicle was not registered. The operator refused to complete field sobriety tests.

At this time, the operator was placed into custody. Officer Lawrence arrived on scene to assist and transport the suspect to police headquarters for booking. The suspect will be charged at Quincy District Court with the following: operating under the influence of alcohol, operating an unregistered motor vehicle, and a license plate violation. Due to Officer Walker quickly locating this vehicle this operator was quickly taken off the roadways preventing him from injuring himself or others.

Job Well Done!

QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, JUNE 23

LARCENY (scooter), 6:43 a.m., low numbers of Manet Avenue. Scooter was chained up and locked; lock cut off. Report to be filed.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 8:50 a.m., 340 block of Washington Street. Tools taken overnight. Report filed.

SHOPLIFT (two males), 3:52 p.m., Stop and Shop Supermarket, 65 Newport Ave. Two youths trying to steal alcohol. Both youths picked up by their parents. Store to handle.

SHOPLIFT (ongoing), 4:55 p.m., Walmart, 301 Falls Blvd. Three people trespassed. The merchandise was returned to the store.

DISORDER (two males), 5:26 p.m., 30 block of Shaw Street. Peace restored. Advised.

SHOPLIFT (male), 5:50 p.m., CVS Pharmacy, 321 Quincy Shore Dr. Store to handle. Suspect fled stealing diapers. Unable to locate suspect.

WORKING FIRE (laundry room), 9:44 p.m., 220 block of Common Street. Transferred to fire, QFD handled.

DISORDER (on site), 11:25 p.m., Taco Bell, 707 Hancock St. Peace restored. Person sent on the way.

SATURDAY, JUNE 24

DISORDER (over vehicle), 3:52 a.m., Ayers Brothers, Inc., 440 East Squantum St. Advised, peace restored.

SHOPLIFT (requests to trespass), 11:07 a.m., Walgreen Pharmacy, 550 Adams St. Person was gone on arrival. Will call if they return.

DISORDER (cab driver/customer), 1:21 p.m., Walmart, 301 Falls Blvd. Advised; one person gone on arrival.

DISORDER (male), 1:45 p.m., 1354 Hancock St. Two persons fighting. Peace restored and two persons sent on the way.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 3:17 p.m., 40 block of Saville Avenue. Caller just came to car to find it damaged; money and items taken. Report to be filed.

DISORDER (in progress), 8:01 p.m., 3 Avalon Dr. One person taken into protective custody. Report to be filed.

TRESPASS (trespass issued), 9:32 p.m., Stop and Shop Supermarket, 495 Southern Artery. Female trespassed in the presence of Officer M. McNeil by loss prevention. Sent on the way, advised.

DISORDER (fight), 10:02 p.m., Bayberry Road. Group of youths fighting. Group dispersing. Multiple youths waiting for rides. Units to remain on scene.

DISORDER (bottle throwing), 10:51 p.m., Bellevue Road and Dorchester Street. At seawall, youths throwing bottles. Group dispersed and advised.

SUNDAY, JUNE 25

DISORDER (four people fighting), 4:26 a.m., Target, 289 Hancock St. Several persons fighting. No weapons. Mutual combat between friends, no charges want to be pursued.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 8:04 a.m., 30 block of Neponset Road. Report to be filed.

LARCENY (cell phone), 12:57 p.m., Idle Hour, 1464 Hancock St. Report to be filed.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 2:17 p.m., 20 block of Maypole Road. Report to be filed.

LARCENY (scooter), 3:18 p.m., 17 Manet Ave. Report to be filed.

BREAKING AND ENTERING/MOTOR VEHICLE (keys and wallet), 4:20 p.m., Pond Street Playground, 50 Pond St. Report to be filed.

MONDAY, JUNE 26

WORKING FIRE (grill on fire), 12:10 a.m., low numbers of Littlefield Street. Direct to QFD. QFD to handle.

LARCENY (package), 11:27 a.m., Archstone, 95 West Squantum St. Report filed.

DISORDER (two males ongoing), 12:25 p.m., Charlesmont and Spence Avenues. Ongoing with a neighbor, arguing out front over parking spot. Construction ongoing in the area. Peace restored.

LARCENY (motor vehicle), 12:43 p.m., Bravo Pizzeria, 531 Washington St. Scooter stolen. Report to be filed.

DISORDER (two males arguing), 2:51 p.m., Blue Hills Gas, 552 Willard St. Inside the store. Peace restored.

DISORDER (fight), 3:09 p.m., Marshall School, 200 Moody St. Ext. Caller states her son is reportedly getting beat up in parking area. They are trying to take the scooter of the son of the caller. Scooter returned - peace restored.

VANDALISM/PROPERTY (broken basement door), 4:28 p.m., 50 block of Albertina Street. Report to be filed.

DISORDER (group of girls), 5:32 p.m., 40 block of Massachusetts Avenue. Group of seven girls trying to fight. Gone on arrival.

TUESDAY, JUNE 27

DISORDER (item thrown at cruiser), 1:24 a.m., Edwin Street and Wilson Court. 779 driving and male threw item at cruiser as it drove by. One under arrest for disorderly conduct.

BREAKING AND ENTERING/PROGRESS (male), 2:39 a.m., Powers Heating Co., Inc., 67 Liberty St. Male suspect with ski mask, all dark clothing believed to have fled. Report to be filed. Officers to continue to check the area.

BREAKING AND ENTERING/MOTOR VEHICLE, 9:03 a.m., 90 block of Narragansett Road. Report to be filed.

BREAKING AND ENTERING/MOTOR VEHICLE

Sheriff McDermott Opposes Prison Moratorium Bill

Norfolk County Sheriff Patrick McDermott submitted written testimony in opposition to a Senate bill 1979, which would place a five year moratorium on any jail or prison construction or renovation. In his testimony, Sheriff McDermott said that the bill would undermine efforts by Massachusetts

Sheriffs to break cycles of incarceration by hamstringing their ability to provide treatment in facilities that meet the changing needs of the justice-involved population.

"This legislation, if passed, is counterproductive and counterintuitive to the strides we as Sheriffs

Bear Spotted In South Quincy

Quincy police are asking residents to be on the lookout after a black bear was spotted late at night June 27 in Crown Colony.

Officer Jimmy Dalton was on patrol in South Quincy when he saw the bear just before midnight, the department said in a social media post, which included a short video of the bear. The bear was spotted in a wooded area behind the BJ's Wholesale Club on Crown Colony Drive.

Residents are asked to contact police if they encounter the bear. The department can be reached at 617-479-1212 or by calling 911 if an emergency response is necessary.

"Even if the bear is spotted in a remote or wooded area, it is important that we are notified," the department said.

(past), 10:23 a.m., 50 block of Woodcliff Road. Report to be filed.

VANDALISM/PROPERTY (past), 11:42 a.m., Quincy Memorial, 18 Willard St. Report to be filed.

BREAKING AND ENTERING/MOTOR VEHICLE (cash), 4:53 p.m., 40 block Woodcliff Road. Report to be filed.

DISORDER (has knife), 7:10 p.m., Parkway Mobil, 1269 Furnace Brook Parkway. Report to possible fight. Male was using knife to get his quarter out of the machine.

WEDNESDAY, JUNE 28

LARCENY (Amazon package), 11:04 a.m., 370 block of Sea Street. Report to be filed.

LARCENY (bike), 1:08 p.m., 220 block of Newbury Avenue. Gone on arrival. Report to be filed.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 5:17 p.m., 50 block of Atlantic Street. Report to be filed.

THURSDAY, JUNE 29

DISORDER (customer), 3:53 a.m., 70 block of Franklin Street. Suspect has also been trespassed in Officer Chenette's presence by manager. Arrest made on warrant. No additional charges.

LARCENY (moped), 9:27 a.m., 150 block of Sea Street. Report filed.

DISORDER (two males), 11:21 a.m., TJ Maxx, 100 Granite St. Arguing near the home department. Peace restored. Sent on way.

DISORDER (male), 1:05 p.m., 20 block of Temple Street. Male punched the caller. Unknown description or where he fled. Brewster notified for eye injury. Party refused medical attention and does not want further police assistance. Serviced.

VANDALISM/PROPERTY (door), 4:22 p.m., low numbers of Silver Street. Youths banging on the door and took off. Unknown description.

LARCENY/ATTEMPT (male), 10:31 p.m., 130 block of Rice Road. Youths from Boston attempting to steal a scooter.

continue to make to provide a safe facility that focuses not on punishment but on opportunity to change and improve," Sheriff McDermott testified. "In order to effectively continue to improve and innovate, we must have the ability to seek guidance and funding from the Commonwealth to build, renovate, and retrofit physical spaces to both meet the needs of our population and provide an environment that is conducive to therapeutic, medical, and educational success."

In addition to housing justice-involved individuals at the Houses of Correction, Massachusetts Sheriff's Offices provide an array of educational, treatment, self-help, and vocational programming designed to give

justice-involved individuals the skills to make changes in their lives. At the Norfolk County Sheriff's Office, 78 percent of the population participates in this programming, ranging from addiction support and parenting classes to college-level courses and skilled vocational certification.

Sheriff McDermott noted these programs require continual investment in the physical spaces where they are held. "A 5 year moratorium has the real potential to significantly impede the progress we are making," he testified. "Or worse, stop critical updates to facilities in order to meet the health and safety needs of the Justice-Involved Individuals in our care."

Safety Top Priority For School System, Koch Says

By SCOTT JACKSON

Safety is the top priority for the Quincy Public Schools, Mayor Thomas Koch said in an interview one week after a seventh grade student brought an unloaded handgun to a middle school.

The student showed the weapon, which belonged to their parent, to other students outside of Central Middle School following the end of the school day on June 13, Supt. Kevin Mulvey said previously. Those students promptly told a parent, who then notified school officials. The student will face "significant disciplinary consequences," Mulvey said, and the parent will be criminally charged, according to police.

In an interview the following week, Koch, who is the chairperson of the Quincy School Committee, said he was proud of the re-

sponse to the incident by all involved.

"What I'm most proud of is that the other kids did the right thing, which led to the parent speaking to the school, which led to the school talking to the police. Immediate response. Complete follow up. I was very happy with the response and the result of the investigation," he said.

"Unfortunately, any time a kid screws up, that's what we read about. We've got 99.9 percent of kids that do the right thing every day at school at every age level and I'm proud of those kids. And from time to time, whether it's ignorance, whether it's just screwing up or whether it's otherwise, different age groups, people start to feel their way around. Maybe they want to be a tough guy, show something off. It doesn't appear there was malice in it, but

clearly we cannot have any tolerance for any kind of weaponry brought into our school system."

The School Committee in May met behind closed doors in executive session to review a recently completed security audit of the school system. Koch said he was limited in what he could say publicly about that report, but reiterated that safety is the top priority for the school district.

"What I can say is that we are engaged with a company that did a study for us and out of that study there is a number of recommendations to improve," Koch said. "And look, there is nothing that is completely fool proof. You try to anticipate the challenges that we face, and you try to deal with that in a very methodical, thoughtful way for security."

"Egress and entrance to

the building is first and foremost. What happens over time is being careless. You get a little sloppy. Someone leaves a door open. So we've got to remind everyone in the system, 'look, these are the rules, there is a reason for it, we've got to follow those rules.'

"On top of that, technology as you know continues to change and be upgraded, and we've got to maintain with good technology. So, camera systems and video systems and all that need to be upgraded and we'll be

working on that.

"Beyond that, I really can't say a whole lot at this time because we are just getting into it as a school committee in executive session form. But let me just reiterate that safety is first. I think we saw that when we did all the locks in our system before a lot of other districts did it. We take it seriously."

The school system, he added, has strong relationship with the Quincy Police Department.

"We have a great rapport with our police department.

We've got school resource officers in the schools," the mayor said. "It matters. It makes a difference. These officers know every building. And I know that if we ever had a major incident of any type, I know we're in good hands."

"The point of the whole security thing is to try to mitigate any type of potential issues that we now deal with in society today. Now, Massachusetts is pretty good when you look at some other states, for sure, but we just have to be on our toes."

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Lamb Meatloaf Roll

Made With Pepper & Onion Filling

By MARIE

Today's recipe is one that I used to make often and is a delicious lamb meatloaf roll.

This meatloaf is stuffed with red pepper and onion. It is a quick and tasty meatloaf recipe, and just a bit different than the norm.

Preheat oven to 350-degrees - Lightly grease a baking pan

Meatloaf Recipe

1 and 1/2 pounds of ground lamb
2 eggs
1/2 cup seasoned panko breadcrumbs (you can also use breadcrumbs of your choice)
1/2 teaspoon oregano
1/2 cup of parmesan cheese
Mix all ingredients together until well blended

Filling:

2 red bell peppers, chopped into bit-sized pieces

1 medium onion, chopped

In a skillet, sauté the red peppers and onions for a few minutes until almost tender and set aside.

In a bowl, add ground lamb, 2 eggs, breadcrumbs, oregano, parmesan cheese and salt and pepper to taste and mix well.

Place the lamb mixture between two long sheets of wax paper, roll it out to a rectangle shape, and when done the lamb mixture should be about one-inch thick.

Remove the top sheet of wax paper and top with the cooled onion and pepper mixture.

Start to roll and continue until the mixture looks like a jelly roll.

Neaten the edges on both ends of the roll.

Remove the remaining wax paper.

Place the rolled meatloaf into the prepared baking dish and bake at 350-degrees for at least one hour, depending on your oven.

Serve with your favorite sides.

Ciambotta

By SUZIE

Ratatouille is a French Provencal dish originating in Nice, but there is also an Italian dish called Ciambotta which I grew up with as well.

It is easy to make, normally served with a salad and pasta, rice, or bread, I normally now serve it with quinoa for an added healthy bonus of fiber and protein.

Since there is an abundance of lovely vegetables at the Farmer's Markets now, this is a great time to make a big pot. You can eat it hot, warm, and even cold. As a child I was served this as a sandwich cold along with some cheese. Enjoy!

INGREDIENTS: *organic ingredients please

3 tablespoons olive oil
1 cup chopped sweet onion like Vidalia
3 cups plum tomatoes, chopped
2 cups eggplant with skin (for nutrients) chopped
2 cups zucchini chopped
1 cup red pepper, chopped
1 cup chopped carrots
4-6 cloves minced garlic
2 teaspoons raw honey
2 teaspoons apple cider vinegar

Redmonds Real salt OR a product called HERBAMARE that is a wonderful seasoned healthy sea salt from France. Worth the price because it adds a lovely richness to the dish. The quality of the salt you use is very important for the taste as is for your health.

Pepper (black or pepper flakes)

About 1/2 cup fresh herbs combination of oregano, basil, and parsley. Eyeball it. The more the better!

Heat oil in skillet over med/high heat and add onion.

I like cooking the onion a while until it is nice and sweet and browned.

Stir in everything else (EXCEPT the herbs and spices) and toss until bubbly.

REDUCE heat and cover.

Simmer about 40 minutes until vegetables are cooked through.

Toss in the salt and pepper and fresh herbs.

Taste and adjust seasonings. (I usually use a teaspoon or more of sea salt and 2 teaspoons of the herbamare if using that. It is up to you.)

Simmer uncovered a few more minutes to let flavors and spices mingle. Serve hot, warm, or cold.



GRAHAM VRADENBURG of Quincy recently graduated summa cum laude from Fisher College in Boston with a bachelor of science in criminal justice and a minor in psychology degree and is a member of the Golden Key National Honor Society and a member of Alpha Phi Sigma. He is the son of Jeffrey and Theresa and sister of Haley. Graham is also a graduate of Quincy High School.

Courtesy Photo

Two Quincy Students On RIT Dean's List

Two students from Quincy have been named to the Dean's List for the spring semester at the Rochester Institute of Technology in Rochester, N.Y.

They are:

Sam Sit, who is in the

computing and information technologies program; and Andrew Chen, who is in the

microelectronic engineering program.

Ryan Fiasconaro On Dean's List

Ryan Colby Fiasconaro of Quincy was named to first honors on the Clark

University Dean's List for the spring semester.

FREE English Classes!

English Speakers of Other Languages (ESOL)

Beginner, Low Intermediate, High Intermediate, and Advanced Levels Offered

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Monday/Wednesday/Thursday 1:00 PM - 4:00 PM

Tuesday/Friday 9:30 AM to 12:30 PM

Contact Information

Email: ESOL@qcap.org
Phone: 617-657-5355



Class Location

1509 Hancock Street
Quincy, MA 02169



WSU BLUE GRASS band performs on Wollaston Hill during PorchFest 2023.
Photo Courtesy WSU Bluegrass band member Thomas Hardey



BADSTREET performs in Squantum during PorchFest 2023.
Photos Courtesy PorchFest Team Members



BREAK ROCK BREWING and HOTTSMOKE BBQ in Squantum



SELLING T-SHIRTS are volunteers Cat Lopez, Ashling Grant and Dottie LeMay.

Thank You From PorchFest Team

We want to take this opportunity to say thank you. We truly appreciate all the performers who gave their time and talent to make PorchFest Quincy a wonderful event for our community.

We appreciate our hosts who make their homes available for us to all get-together and go the extra mile to make everyone feel welcomed. We also are thankful for the many volunteers who helped with the event in so many ways such as shirt sales, handing out schedules, etc. We value your time and we are driven to make this event a great experience for everyone.

This event not only features amazing talent from our community, but it provides a fun opportunity to spend time with our neighbors and friends. This event shines a light on what makes The City of Quincy so amazing - beautiful neighborhoods and amazing people from across the city.

We are thankful for the Quincy Police Department, Quincy Parks Department, and the many city employees who have been so supportive in what is now a new Quincy tradition.

We also want to single out a few volunteers who served as neighborhood captains for our three event neighborhoods: Bill and Laura Lebo in Merrymount, Stacey LeMay in Squantum and Kathryn Hubley on Wollaston Hill. A lot of work goes into coordinating with each of the bands and porch hosts, not to mention the other logistics for food vendors, posters, shirt sales, etc. Countless phone calls, emails, and texts to make sure that our event is easily walkable and that none of



WALTER HUBLEY and STACEY LeMay



KATHRYN HUBLEY and IAN CAIN

the performances interfere with each other over the course of 6 hours.

Please join us in saying thank you for all the time they put in amidst their al-

ready very busy lives. It would not be possible without their efforts.

See you next year on Saturday, June 29th!

The PorchFest Team



CHERRIE BOMB in Squantum



THE ISSs in Merrymount



LAURA and BILL LEBO and KATHRYN and WALTER HUBLEY



QUINCY BUDDY BALL recently celebrated its fifth season at Mitchell/McCoy Field. Joining the celebration were Mayor Thomas Koch and Boston Red Sox mascot Wally the Green Monster. *Courtesy Photos*

Quincy Buddy Ball Celebrates Fifth Season

Mayor Tom Koch and Wally the Green Monster led the celebration of the fifth season of Quincy Youth Baseball & Softball's Bambino Buddy Ball recently at Mitchell/McCoy Field.

Quincy Buddy Ball is an adaptive baseball league created in 2017 that allows

children with special challenges the opportunity to play ball. It is a collaboration of Quincy Youth Baseball & Softball and MR8 - the Martin Richard Foundation, with support from the City of Quincy Park Department. Local attorney

Cont'd On Page 17



WALLY PITCHES a strike to Izzy Stevens.



ORIGINAL BUDDY BALL athlete, Sam Fehan of Squantum, led the national anthem.



WALLY JOINS volunteer buddies Matthew Amador and Jack Greene to help athlete Ethan Amador avoid the tag of Patrick Whouley.



BANNERS OF THE special athletes adorned Mitchell/McCoy Field.

Quincy Buddy Ball Celebrates Fifth Season

Cont'd From Page 16

and Buddy Ball Coach Patrick Foley also dedicated his annual Boston Marathon run to raise funds to provide the celebration and to help support the team this season. The league resumed play last year after Covid-19 safety concerns cancelled games in 2020 and 2021. Over 20 Quincy children from age 6 to 19 now play every Sunday in May and June.

Red, white and blue bunting and balloons adorned the field and players were greeted by banners of their pictures just as would be seen at any high school senior day athletic event.

The game began with Sam Fehan holding the flag for the national anthem. League founder and Coach Billy Farrell gave a remembrance with a moment of silence in honor of former Quincy Youth softball player Priscilla Beth Bonica who passed away June 17. Then



MAYOR TOM KOCH helps athlete Kason Barter to warm up. Courtesy Photo

all players called out, "Play ball!"

Wally and Mayor Koch joined the players on the field and visited with families in the stands. Each player took a turn hitting and playing the field in every inning with help from their Buddy.

"The life-blood of the

league is the volunteer Buddies who help players overcome any challenge to hit, field, and run the bases," said Coach Farrell. "Many of our Buddies come from the high schools as part of their community service, including the Quincy High junior varsity baseball team coached by Anthony Castro-

giovanni," added Coach Jim Ross.

Original 2017 Buddy Ball players Josh Langley, Zack Cavallaro, Maggie Cristiani, Sydni Pecevech and Sam Fehan help their teammates to "Fly the 'W'" around the bases signaling another win after each game. Other returning players this season were Ethan Amador, Aidan DiBona, Finnegan Tedeschi, Ronin McGuinness, Brian Chiacchieri, Patrick Whouley, Hazel Nelson, Nate the Great Goodman, and Izzy Stevens. They were joined by new players Evan Lewis, Sebastian Tessier, Dino Man Brady Taylor, Kason Barter,

Davonte Andrews-Hall, and twins Sophia and Luis Lopez Barreto.

A picture with Wally, a pep talk from Mayor Koch and a medal ceremony concluded the game with volunteer Buddies awarding the players with a gold medal.

"There's never a bad day on the field, only smiles," added Coach Doug Concanon.

"It's a great way to stay involved with the kids and to give back," said Coach Joe Murphy. "We're all former Quincy Youth coaches who really enjoy working with these players and their families who are all so ap-

preciative," added Coach Joe Mullen. The coaches were especially proud of former players Tyler DiBona and Kenny Jarek who have returned to volunteer as Buddies. "As much as the players enjoy themselves, I promise you, it's the volunteers who really benefit from being with these special athletes," said Coach Farrell.

Anyone interested in volunteering for next season or if you know of a player who could benefit from the Buddy Ball program, please contact QuincyBuddyBall@gmail.com or quincyouth-baseballandsoftball.com.

Children's Library Programs July 6 -12

By JULIE RINES
Children's Coordinator
Thomas Crane Public Library

The following events and activities for children are scheduled July 6-12 at the Thomas Crane Public Library.

Fingerprint Art Ages 2-7

Children ages 2-7 are invited to join us in the Main Library Children's Room on Thursday, July 6th at 10 a.m. to create some unique art using their fingerprints.

We'll be using paint and stamp pads so dress to get messy!

Lego Building @ Wollaston Ages 5+

Stop by the Wollaston Branch on Thursday afternoons anytime from 2 to 4 p.m. this summer for free-play LEGO building. Grab some LEGO bricks and build a boat, a spaceship, a double-decker couch - anything you want, then toss them back and try to make something else. LEGOs must be returned by the end of the program, sorry!

Parents please note regular LEGO are intended for children ages 5 and older, DUPLO and other building toys will be available for younger children.

Bubble Play All Ages

Join us on the front lawn at the main library on Friday, July 7 from 10 to 11 a.m. and grab a tub of bubble solution and a spot on the lawn to blow some bubbles! We will have plenty of bubble makers to experiment with. Can you make giant bubbles? Little tiny bubbles? Can you make

bubbles with your hands or do you need a bubble wand? Find out if a square bubble wand makes square bubbles.

Parents, this is sure to be loads of soapy, soaking fun so make sure your children are dressed to get messy!

Fresh water will be available for hand washing and splashing fun for the littlest ones.

This program must take place outdoors so in case of bad weather we will blow our bubbles on July 14th.

Inspiration Hour All Ages

Art and music combine for this hour of inspiration on Friday, July 7 from 2 to 3 p.m. in the Main Library Children's Room. We'll have art supplies of all kinds for all ages and music to get those artistic sparks flying. Our music choices will range from classical and folk songs to kid-friendly pop music and even some nature sounds mixed in.

How ever the music inspires you, let your voice be heard through the art that you create! We will have all kinds of art materials available to use so be sure to dress to get messy.

Tot Lot Storytime Ages 2-5

Join Ms. Dorothy for a fun outdoor storytime Monday, July 10 at 10 a.m. at the Wollaston Beach Tot Lot, located between East Elm Ave. and Sachem St. (next to the Clam Box). Bring your sunscreen and water and we'll bring the books and music!

Cosponsored by the Friends of Wollaston Beach. In case of rain we will

move storytime to the North Quincy Library.

Drop in Crafts @

Adams Shore Ages 3-8

Stop by the Adams Shore Branch on Monday afternoons from 2 to 3 p.m. to do some crafting. Each week we'll have a new craft. Our craft for the week of July 10 is Watermelon slices.

Can't join us on Mondays? Stop by Adams Shore during our open hours to pick up a craft to take and make at home, while supplies last.

Arabic Storytime @

Adams Shore Ages up to 7

The Library is pleased to be working with dedicated community members to offer a monthly storytime in Arabic.

Join us on at the Adams Shore Branch on Monday, July 10 from 6:15-7:15 p.m. This program will be conducted primarily in Arabic with the intention of helping young Arabic language learners to improve their skills. This program is suitable for children up to age 7.

Children's Movie -Matilda

Join us at the Main Library on Monday, July 10 at 6:30 p.m. for a screening of Matilda, the 1996 live action movie based on Roald Dahl's classic children's book.

Matilda Wormwood is an exquisite and intelligent little girl. Unfortunately, her parents, Harry and Zinnia misunderstand her because they think she is so different. As time passes, she finally starts school and has a kind teacher, loyal friends,

Cont'd On Page 18



BOOKSTORE VOLUNTEERS Kenneth Shurtluff and Elizabeth Solomon demonstrate the \$10 bag size for the Crane Library Bookstore sale on Saturday, July 8th from 10 a.m. to 4 p.m. Photo Courtesy Anne Acton

Get Your Summer Reading: \$10 A Bag Sale At Library Bookstore

On Saturday, July 8th from 10 a.m. to 4 p.m., patrons can purchase a grocery store sized bag for \$10 and fill it with their choice of books, DVDs or CDs. This is a wonderful opportunity to stock up on summer reading material.

The Thomas Crane Friends of the Library Bookstore, run by volunteers, has an excellent collection of fiction, history,

biography, mystery, crafts, travel and children's books for all ages. A large assortment of DVDs and CDs is also available.

Earnings from the Bookstore support the Library's programs, which are not funded by the city, such as movies, lectures, concerts and programs for children and teens at the main library and its branches.

The Bookstore is open

on Thursday evenings from 6 to 8 p.m. and on Saturdays from 10 a.m. to 4 p.m. It is located at the rear of the main library with its own entrance on Spear Street.

Note that on Saturday, July 8th the sales will be limited to \$10 bag sales, no single or individual items are available for purchase that day. But, you will find great bargains to fill up your bag. Cash and cards will be accepted.

Openings Available For Recreation Volleyball, Boys' Soccer Clinics

There are still a number of openings available for Quincy Recreation's Volleyball Clinic beginning on Monday, July 10th and running through Friday, July 14th.

The clinic is open to players of all skill levels entering grades 5-9. Beginning players will focus on passing and serving, while advanced players will concentrate on attack. Competition experiences of doubles, triples, and 6 on 6 will highlight the clinic.

The clinic will be held from 8:30 a.m. to 12:30 p.m. at North Quincy High School. There is a fee of \$125 to attend. For more information and to register, visit www.QuincyRec.com. Additionally, a second session of the volleyball clinic will be offered during the week of Aug. 7th - registration for that week's clinic can also be done now at www.QuincyRec.com.

The Quincy Recreation Boys' Soccer Clinic, beginning on Monday, July 10th

and running through Friday, July 14th also still has openings available. The clinic is held from 8:30 a.m. to 12:30 p.m. at Veterans' Memorial Stadium and is open to those entering grades 3-9.

The clinic will focus on the fundamentals of soccer with a particular emphasis on the skills of passing, trapping, heading, dribbling, and shooting. There is a fee of \$125 to attend. For more information and to register, visit www.QuincyRec.com.

QNN Quartet Places Fifth At Track & Field Nationals

4 x 800M Relay Team Posts PR Time Of 9:33

Making it to the national championship in any sport at any level is indeed a daunting task. Four athletes from the Quincy-North Quincy track team have made it seem easy.

In as many seasons the 4 x 800m relay team of Aluna Coogan-Coyne NQ'24, Maddy McGillicuddy NQ'26, Hannah Moriarty NQ'25 and Salma Boukhtam QHS'24 have qualified for the Rising Stars division of the New Balance Nationals. Indoors the four placed fourth out of 32 teams running 9:36 at the brand new facility at the New Balance National Headquarters in Brighton.

This spring season, the girls traveled to historic Franklin Field in Philadelphia, home to the Penn Relays and numerous collegiate and high school meets. It was also originally the home of the NFL Philadelphia Eagles.

Originally seeded 14th out of a field of 38 teams, they placed fifth in a PR (personal record) 9:33. Lead-off runner Aluna Coogan-Coyne kept the team in a close third with her fastest ever split of 2:20 handing off the Maddy McGillicuddy. The precocious freshman brought the crowd to its feet coming from behind to take the lead turning in her fastest split ever of 2:20 before handing off to Hannah Moriarty. The league All-Star in her specialty, the 400m hurdles, Moriarty valiantly clung to the lead before surrendering it on her second lap. She handed off to Salma Boukhtam with the team solidly in second place.

Several teams bunched around Boukhtam as the race wrapped up. Salma's split of 2:22 seemed to place the squad in sixth but a lap counting error removed one team and they were officially listed as fifth.

The team raced under the Quincy Track Club colors as MIAA rules prohibit teams from wearing school colors out of season. Head Coach Geoff Hennessy credited distance coach Carolyn Mullaney with getting the group in such good shape and preparing them to run their best.

Coogan-Coyne and Boukhtam will enter their senior years running cross country and being scouted by a litany of Division 1, 2 and 3 colleges and universities. Moriarty and McGillicuddy will play soccer for the NQHS Raiders this fall. All four will return next winter and spring so who knows what else they will accomplish?



QUINCY-NORTH QUINCY girls' track 4 x 800 relay team placed fifth in the New Balance national track and field championships held recently at Franklin Field in Philadelphia. From left to right are relay teammates Hannah Moriarty, Aluna Coogan-Coyne, Salma Boukhtam and Maddy McGillicuddy.

Photos Courtesy Geoff Hennessy



MADDY MCGILLICUDDY hands off to Hannah Moriarty as the Q-NQ girls' 4 x 800m relay team took fifth place at the recent New Balance Track and Field National Championship at Franklin Field in Philadelphia.

Children's Library Programs July 6 -12

Cont'd From Page 17

and a sadistic headmistress. As she gets fed up with the constant cruelty, she begins to realize that she has a gift of telekinetic powers. After some days of practice, she suddenly turns the tables to stand up to Harry and Zinnia and outwit the headmistress.

Rated PG Runtime 98 minutes.

Singing Storytime Ages 2-6

Join Ms. Rebekah at the Main Library this summer on Tuesday mornings at 10 a.m. for a weekly singing storytime! All kids ages 2-6 accompanied by an adult are invited to meet in the Children's Room every Tuesday morning in July and August.

Come ready to learn about instruments, sing favorite songs, and learn new songs!

Puppy Pages @ Adams Shore Ages 6-8

Meet Elliot the therapy dog and spend some time practicing your reading with him at the Adams Shore Library on Tuesday, July 11 from 1 to 2 p.m.

Young readers ages 6-8 are invited to spend 10 minutes reading aloud to Elliot.

Reading takes practice and reading aloud with a patient and non-judgmental canine friend is a great way for young readers to practice and become more confident.

Pre-registration is not required but space is limited. Ten-minute timeslots with Elliot will be assigned on a first come first served basis.

Elliot and his owner Michelle are volunteers trained by Dog B.O.N.E.S. therapy dogs of Massachusetts.

Podcasting Ages 10-15

REGISTRATION REQUIRED

Make your voice heard at the Main Library on Tuesday, July 11th at 6:30 p.m.! Do you have a subject you just can't stop talking about? Or maybe you have a story you want to tell out loud. Podcasts are a great way to share what's on your mind. They can be informative, funny, or scary. You can make one on your own, work with friends, or even interview new people for each episode! Join us for a short workshop on podcasting basics, start recording yourself, and then join us for a tour of the QATV studio next to the main library!

This program is for children ages 10-15. Registration is required and is limited to Quincy residents. Registration began on Monday, July 3rd.

Puppet Tales with Leigh @ Main Library Ages 3+

Join us at the Main Library on Wednesday, July 12th at 10 a.m. where Through Me to You Puppetry invites you to join Newton and his puppet friends for some storytime fun!

Newton and his friends take turns reading stories and singing songs with the kids. At the end of the show, the kids are invited to say "hi" to Newton. Our half-hour show is geared to ages 3-7, but all are welcome!

Sponsor Quincy Cultural Council and the Friends of the Thomas Crane Public Library.

Movie Sing Along - Frozen @North Quincy

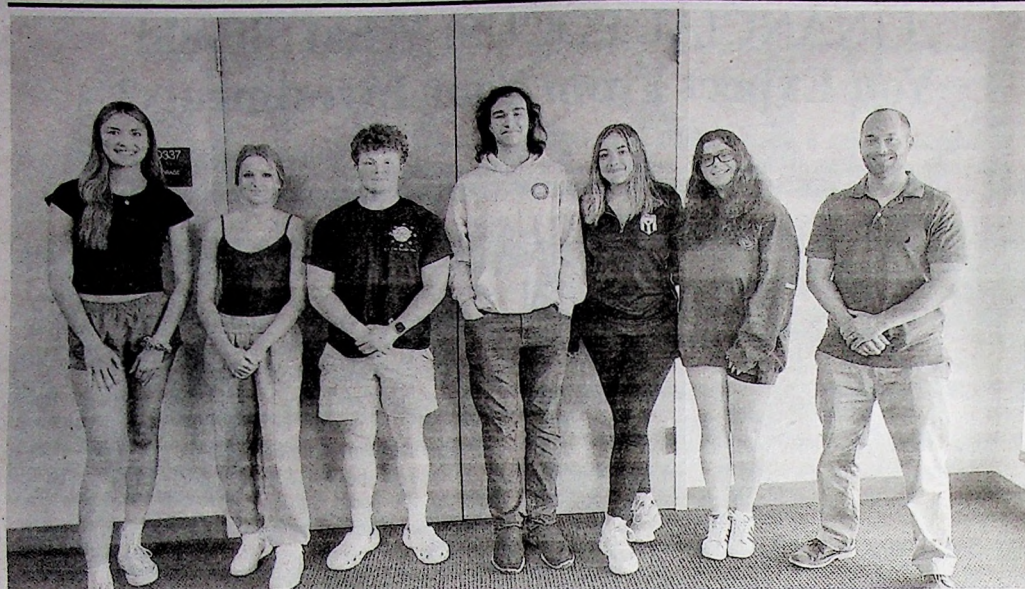
Come cool off with us at the North Quincy Library on Wednesday, July 12th at 2 p.m. as we watch Frozen and sing along with Elsa, Anna, Olaf, and friends! We'll provide the lyrics if you provide your enthusiastic singing!

All ages are welcome. Groups of 10 or more are requested to contact dcronin@ocln.org before arriving to make sure we have enough seats for everyone. Rated: PG Runtime: 108 minutes.



THE ANNUAL "top donor recognition ceremony" of The Boston Children's Hospital was held recently at Venezia Restaurant Boston. The event recognizes top blood and platelets donors for their support of the donor center at children's hospital. Dan Coughlin (left) of Quincy was the keynote speaker, relating his experience of being part of the donor program. He donated blood platelets every two weeks, donating 24 times in the past year. Platelets are critical in helping patients by clotting blood and fighting off infection for patients with cancer or having surgery. Coughlin and eight other patients were recognized for making 20 or more donations this year. Coughlin was awarded the John Doyle Award for encouraging and influencing blood and platelets donors throughout the Commonwealth of Massachusetts on behalf of Boston Children's Hospital. Quincy is one of the top donor locations for the children's hospital blood drives. Twelve blood drives were held at Quincy City Hall, Quincy Parks Dept. and the Kennedy center. The drives were held in honor of patients The Mighty Quinn and Super Ellie Niland. To give blood, go to 'pintsforhalfpints.' With Coughlin is John Doyle.

Courtesy Photo



QUINCY HIGH SCHOOL Criminal Justice 3 students collaborated with the Massachusetts State 911 Department to get graduated seniors certified in Next Generation 911 Equipment training (16 hour course) and Basic Public Safety Telecommunicator training (40 hour course). Graduates are eligible to become 911 Dispatchers for any municipality in the Commonwealth of Massachusetts. Pictured left to right: Bridget Hoare, Mya Millette, Devin Nellany, John Kabay, Marissa Rodriguez-Davis, Victoria Bentley, and QHS educator Zachary Pearlstein. Not pictured: Andrew Riva. Photo Courtesy Quincy Public Schools/Kelly Powers

LEAGUE ALL-STARS SPRING 2023

NORTH QUINCY HIGH SCHOOL

Max Gaudiano - Baseball
Vinnny O'Leary - Baseball
Kevin Pritchard - Baseball
Gianna Bassett - Softball
Caroline O'Donnell - Softball
Autumn O'Campos - Girls Lacrosse
William Huang - Boys Tennis
Ian Ronan - Boys Tennis
Vivian Le - Girls Tennis
Jasmine Li - Girls Tennis
Kathy Mo - Girls Tennis
Nate Caldwell - Boys Volleyball
Anthony Chiu - Boys Volleyball
Cameron Johnston - Boys Volleyball *South Alliance MVP*
Bobby Lin - Boys Volleyball
Aluna Coogan-Coyne - Girls Outdoor Track & Field
Maddy McGillicuddy - Girls Outdoor Track & Field
Hannah Moriarty - Girls Outdoor Track & Field
Sofija Slezas - Girls Outdoor Track & Field

QUINCY HIGH SCHOOL

Shawn Kozlowski - Baseball
Hailey Concannon - Softball
Teddy Lynch - Boys Lacrosse
Grace Connor - Girls Lacrosse
Delia Nichol - Girls Lacrosse
Tayah Quinn - Girls Lacrosse
Adam Bonica - Boys Volleyball
Jayden Francois - Boys Outdoor Track & Field
Jacey Ham - Boys Outdoor Track & Field
Alex Martinez - Boys Outdoor Track & Field
Gabriel Rodrigues - Boys Outdoor Track & Field
Salma Boukhtam - Girls Outdoor Track & Field
Ruby Levine - Girls Golf
Jenna Zarges - Girls Golf

Middleweights Julien Baptiste And Jamer Jones Both Bringing Belts Into The Ring For Unification

Veterans' Stadium Boxing Showcase Outdoors Aug. 11

Newly crowned United States Boxing Federation (USBF) Champion Julien "Black Dragon" Baptiste (5-3, 2 KOs) and Massachusetts titleholder Jamer Jones (3-1, 3 KOs) both believe two title belts are better than one.

Baptiste vs. Jones will be the eight-round, co-featured event on the Aug. 11th (Aug. 12 rain date) "Veterans Memorial Showcase" Pro-Am card, presented by Granite Chin Promotions (GCP), for their aforementioned middleweight titles. The outdoor show will be held at Veterans' Memorial Stadium in Quincy, for the benefit of Operation Homefront.

"This fight makes too much sense for both guys," GCP president Chris Traietti said. "Both are looking to establish themselves as the best middleweight in Massachusetts and after August 11th, one of them will be able to say that. It will be such a contract in styles, which typically leads to an action-packed fight."

Baptiste, of Woburn, and Pittsfield's Jones both believe that the winner will move on to fight outside

New England in the near future.

Baptiste had to overcome performance anxiety issues in his last fight, in which he captured his USBF crown with an impressive six-round unanimous decision over Ryan Clark June 10th.

"Winning that title was me staying on course in my pro career," Baptiste said. "I really want to progress and fight my way out of New England. I worked on some mechanisms in camp for my last fight (to get past his performance anxiety). We did some exercises and it all happened in the ring. I made some adjustments, and everything went according to plan. I did feel the difference and I had a lot of support."

"I don't know too much about my opponent. I know he trains at the same gym as Steve Sumpter and that he's a game opponent. I know he's tall with a long reach, but I'll adjust as we go along. We will see what the future holds."

Jones also won his strap in his last fight, taking a first-round TKO win against defending champion Anthony Andreozzi, who suffered

a leg injury in their Feb. 18th fight.

"I usually keep a distance and work everything off my jab," the 6' 3" Jones explained. "I have a 75" reach and throw straight punches. My jab is my most important punch. I'll see what he does, whether he slips, backs up, or goes forward. I'll use distance to see how my opponent moves."

"I've always believed in my skill set. Now, I'm proving to others that I have a lot of talent and potential. He (Baptiste) is a decent fighter with decent skills, but he doesn't have anything that can give me trouble. I'll figure out a way. I want to fight on bigger platforms, not local shows, and need to win this fight."

Former New England Welterweight Champion Mike "Bad Man, Ohan, Jr. (18-2, 9 KOs), of Holbrook, takes on Haverhill's Harry "The Hitman" Gigliotti (9-4, 3 KOs), reigning ABF Atlantic super lightweight title holder, in the eight-round, non-title, main event in an old-fashioned All-Bay State showdown.

The undercard will soon be announced. Card subject to change.

Tickets for "Veterans Stadium Showcase" are on sale and available for purchase online at www.EventBrite.com.

Sponsorship opportunities are available by contacting Traietti at chris@granite-chin-promotions.com for details.

Doors open at 5:30 p.m. with the amateur matches starting at 6:30 p.m. Pro card commences at 8 p.m.

Quincycles Summer Learn To Ride Classes For Adults Start July 12

Quincycles announces their summer education series of Learn to Ride classes for adults. In collaboration with the Mayor's Bicycle Commission, the group is offering eight classes on Wednesday evenings July 12 to Aug. 30 in the parking lot at the South Shore YMCA.

If you are an adult or mature teen who has either never learned to ride

a bike or just simply wants to brush up on your riding skills, this class is for you. With a safe, easy, effective method, participants will learn how to balance, pedal, start, stop, and steer a bike, as well as adjust a helmet for proper fit.

Classes are for ages 16+ and will be led by a League of American Bicyclists Certified Instructor. Minors must be accompanied by a

responsible adult.

Bikes and helmets are available for class participants who need them.

Quincycles is a volunteer group of Quincy residents advocating for bicycle infrastructure on our city streets and promoting responsible bicycling as a means of transportation, recreation, and exercise in Quincy. More information about the group and these events and more can be found on their website at www.Quincycles.org.

Chris, Trudy Peter Blood Drive July 11

The Houghs Neck Community Council will hold its annual Chris and Trudy Peter Blood Drive on Tuesday July 11th from 10 a.m. to 3 p.m. at St. Thomas Aquinas Hall, Darrow Street, Quincy

Contact the Red Cross to make an appointment at 1-800-733-2767 or contact Eileen Timcoe @ houghsnecknews@yahoo.com if you have any questions. Appointments are required.

Six Quincy Residents Graduate Emerson College

Six Quincy residents recently earned degrees at Emerson College in Boston.

Samuel Hwang received a BA in writing, literature and publishing.

Aruzhan Azbayeva received a BFA in theatre and performance.

Nhan Pham received a BA in media arts production.

Eoin Varden received a BA in media arts production.

Tyla Perry received a BFA in creative writing. Huiyuan Hu received a BS in public relations.



Armando Agnitti, Esq., CISR
Anthony Agnitti, CIC, LIA

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Social Security Matters About Income Tax On Social Security Benefits

By RUSSELL GLOOR

National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: I just started receiving my Social Security in February of 2023. I am also working part time at a company 24 hours a week. My question is... I feel like I missed something when I signed up for Social Security because they are not taking any taxes out. What did I miss? How do I go about fixing it so I don't get hit at the end of the year? They are taking taxes out of my paycheck now, do they still take it out of my Social Security because I am working? Please help if I am not doing something right. **Signed: Conscientious Senior**

Dear Conscientious: Unfortunately, when the Social Security Administration processes your application for benefits, they don't usually inform you that your Social Security benefits may become part of your taxable income. I expect that's because your benefits only "may" become taxable — they do not definitely become taxable, because Social Security benefits are taxed only if you exceed a certain income threshold.

The thresholds at which Social Security benefits become part of your taxable income are different depending on your income tax filing status — those who file as an individual have a different threshold from those who file as "married — filing jointly." And to further complicate matters there is more than one threshold for both individuals and joint filers. Here's how it works:

- If you file your income tax as an individual and your "combined income" from all sources is more than \$25,000, then 50% of the Social Security benefits you received during the tax year becomes part of your overall taxable income at your particular IRS tax rate. But if your combined income as an individual tax filer is more than \$34,000 then up to 85% of the SS benefits you received during the tax becomes part of your overall taxable income.

- If your income tax filing status is "married — filing jointly" the thresholds are higher — if your combined income from all sources as a married couple exceeds \$32,000 then 50% of the Social Security benefits you received during the tax year becomes part of your taxable income. But if your combined income as a married couple exceeds \$44,000 then up to 85% of your SS benefits received during the tax year are taxable.

"Combined income" is also known as your "Modified Adjusted Gross Income" or "MAGI." Your MAGI is your Adjusted Gross Income on your tax return, plus 50% of the Social Security benefits you received during the tax year, plus any non-taxable interest or untaxed foreign income you had (note that withdrawals from a Roth IRA are not included). If your "MAGI" exceeds the above thresholds, some of your Social Security benefits are taxable; if you are under the first threshold for your IRS filing status they are not.

Social Security doesn't automatically withhold taxes from your monthly benefits, and the FICA tax being withheld from your earnings are not used for that purpose. Everyone who works and earns must pay SS tax on their earnings, which are mandatory contributions supporting the federal Social Security program. But that FICA payroll tax has nothing to do with income tax on your Social Security benefits. If you are working 24 hours per week and also collecting Social Security benefits, you will likely exceed the threshold for your tax filing status, which means that at least some of your 2023 benefits will become taxable. That could, as you suspect, result in a surprise "hit" when you file next year's income tax return. Nevertheless, fixing this is quite easy:

Download IRS form W-4V from the IRS website here: www.irs.gov/pub/irs-pdf/fw4v.pdf. You will be able to choose the percentage of your Social Security benefits you wish to have withheld for income tax purposes. Complete the form and mail it to your local Social Security office (get the mailing address here: www.ssa.gov/locator). Social Security will then start withholding income tax from your monthly Social Security benefit payment, which will mitigate any additional tax due when you file your 2023 tax return next year.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

FINANCIAL FOCUS: What Should You Expect From Your Investments?

To help achieve your financial goals, you may need to invest in the financial markets throughout your life. However, at times your investment expectations may differ from actual returns, triggering a variety of emotions. So, what are reasonable expectations to have about your investments?

Ideally, you hope that your investment portfolio will eventually help you meet your goals, both your short-term ones, such as a cross-country vacation, and the long-term ones, such as a comfortable retirement. But your expectations may be affected by several factors, including the following:

- **Misunderstanding** — Various factors in the economy and the financial markets trigger different reactions in different types of investments — so you should expect different results. When you own stocks, you can generally expect greater price volatility in the short term. Over time, though, the "up" and "down" years tend to average out. When you own bonds, you can expect

less volatility than individual stocks, but that's not to say that bond prices never change. Generally, when interest rates rise, you can anticipate that the value of your existing, lower-paying bonds may decrease, and when rates fall, the value of your bonds may increase.

- **Recency bias** — Investors exhibit "recency bias" when they place too much emphasis on recent events in the financial markets, expecting that those same events will happen again. But these expectations can lead to negative behavior. For example, in 2018, the Dow Jones Industrial Average fell almost 6% — so investors subject to recency bias might have concluded it was best to stay out of the markets for a while. But the Dow jumped more than 22% the very next year. Of course, the reverse can also be true: In 2021, the Dow rose almost 19%, so investors who might have been susceptible to recency bias may have thought they were in for more big gains right away — but in 2022, the Dow fell almost 9%. Here's

the bottom line: Recency bias may cloud your expectations about your investments' performance — and it's essentially impossible to predict accurately what will happen to the financial markets in any given year.

- **Anchoring** — Another type of investment behavior is known as "anchoring" — an excessive reliance on your original conviction in an investment. So, for instance, if you bought stock in a company you thought had great prospects, you might want to keep your shares year after year, even after evidence emerges that the company has real risks — for example, poor management, or its products could become outdated, or it could be part of an industry that's in decline. But if you stick with your initial belief that the company will inevitably do well, and you're not open to new sources of information about this investment, your expectations may never be met.

In many areas of life, reality may differ from our expectations — and that can certainly be true for our in-

MARIE
O'RIORDAN KELLY

vestments. Being familiar with the factors that can shape your expectations can help you maintain a realistic outlook about your investments.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Edward Jones, Member SIPC

Submitted by Marie O'Riordan Kelly, AAMS
Edward Jones
138 Franklin St.
Quincy, MA 02169
617-639-0327
Marie.kelly@edward-jones.com



A FUNDRAISER to benefit The National Center for Missing and Exploited Children was recently held at Willie's Bar at Victory Point Restaurant at Marina Bay. The newly renovated bar, Willie's Bar, is named for former Boston Police Commissioner William Gross, who was in attendance and is a NCMEC board member. Derek Driscoll, the chief operating officer of NCMEC was also in attendance. Cheryl Fiandaca, chief investigative reporter at WBZ-TV served as emcee. From left to right: George Regan, chairman, Regan Communications Group; Cheryl Fiandaca, chief investigative reporter WBZ-TV; William Gross, former Boston Police Commissioner; Derrick Driscoll, chief operating officer of The National Center for Missing and Exploited Children; and Donato Frattaroli Sr., owner, Victory Point Restaurant and Willie's Bar.

Courtesy Photo



QUINCY FIREFIGHTERS LOCAL 792 recently held their annual cookout for seniors at the Kennedy Center. The firefighters, on their day off, set up the hall, shopped, cooked and served over 100 seniors. This is the nineteenth year the firefighters have held the event. It is one of the most popular events held at the Kennedy Center. Pictured with Mayor Tom Koch are the volunteers from Local 792.

Photo Courtesy Quincy Elders Services (Quincy Council on Aging)

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Love, Doug Menz 7/6

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20 Independence Ave.

7-11
650 Adams St.

CVS
42 Beale St.

EVEREST MARKET
121 Standish Ave.

DONUT + DONUTS +
MUFFINS
33 Scammell St.

VILLAGE COMMON
MARKET
100 Willard St.

BEALE ST. NEWS
AND TOBACCO
17 Beale St.

5 CORNER
FOOD MART
163 Newbury Ave.

PRESIDENTIAL
LIQUORS
25 Scammell St.

COPELAND LIQUORS
273 Copeland St.

SUPREME LIQUORS
615 Hancock St.

WEST ELM
VARIETY
139 W. Elm Ave.

ADAMS VARIETY
22 Independence Ave.

GRANITE MART
308 Willard St.

SQUANTUM MARKET
205 W. Squantum St.

The Quincy Sun CLASSIFIED AD FORM

MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET,
QUINCY, MA 02169

PAYABLE IN ADVANCE. Payment must accompany order.

RATES

1 WEEK

☐ \$9.00 for one insertion, up to 20
words, 10¢ for each additional word.

2-4 WEEKS

☐ \$8.00 per insertion up to 20
words for 2-4 insertions of the same
ad, 10¢ each additional word.

5-10 WEEKS

☐ \$7.50 per insertion, up to 20
words, for 5-10 insertions of the
same ad 10¢ for each additional
word.

11 WEEKS

OR MORE

☐ \$7.00 per insertion, up to 20
words, for 11 or more insertions of
the same ad 10¢ for each additional
word.

☐ Enclosed is \$ _____ for the following ad
to run _____ weeks in

The Quincy Sun.

COPY: _____

NO REFUND WILL BE MADE AT
THIS CONTRACT RATE IN THE
EVENT OF CANCELLATION.
DEADLINE: FRIDAY
AT 4PM. PLEASE
INCLUDE YOUR
PHONE NUMBER IN AD.

OBITUARIES

David W. Brown, 86

David William Brown of Quincy, passed away surrounded by the love of his family and friends at home on Monday, June 26, 2023, at age 86. David was raised and educated in Quincy, where he continued to live in his Merrymount childhood home up until his recent passing. He retired as the Director of Reference at Thayer Public Library in Braintree, where he was loved by many patrons and peers. Prior to that, David also worked as the Director of Hull Public Library, was a college Professor at McNeese University in Lake Charles, Louisiana, and an educator in Quincy Public Schools. In the late 1960s, David spent 3 years as a volunteer teaching impoverished children in Haiti, Honduras and the Dominican Republic.

After serving four years in the United States Army, David continued his education, earning undergraduate degrees from the University of Maine and Boston State College, as well as master's degrees in both education and library Sciences from the University of Rhode Island and Boston University.

David had a real passion for the outdoors and pursued many adventures, including hiking, boating and camping. He was a protector and advocate for animals and owned many dogs over the



DAVID W. BROWN

years, most memorably his German Shepard, "Amigo," who joined David on many of his outside treks.

Books, knowledge, and history were truly a joy to David. He continued to learn even in his later years, borrowing countless non-fiction audio books from the library. He loved to share his newfound knowledge with his family around the dinner table and always kept the conversation interesting.

Often referred to as the "Chess Master," David welcomed many games of chess with family and friends and enjoyed teaching his grandchildren the finer strategies of the "Game of Kings." His winning record was tough to beat but many tried- and failed.

David's happiest moments were spent with his wife, Rita, who was his best friend. Together they traveled the world and raised a loving family. Family was always David's top priority, and he embraced and supported them in a very

special way, especially his precious grandchildren. He reveled in their successes and was generous with his wisdom.

Beloved husband of the late Rita E. Brown, cherished son of the late Dr. William John Brown (Brownie) and Alice (Faulk-ingham) Brown. Loving father of Alicia E. Carson and her husband Paul W. Sr. of Quincy, William J. Brown and his wife Patricia of Rockland; dear grandfather of Paul "PJ" Carson and his wife Taylor of Quincy, Zachary Carson of Quincy, Beatrix V. Brown of Rockland and the late Jonathan Brown; Great grandfather of Cora Josephine & Remy Jean Carson; brother of the late Helen Silveston. David is also survived by many nieces and nephews.

Family and friends are invited to a funeral Mass, Saturday July 15th at 10 a.m. at Holy Trinity Parish, Our Lady of Good Counsel Church, 237 Sea St., Quincy. Burial will follow at Cedar Grove Cemetery in Dorchester with a brief military honor ceremony.

In lieu of flowers, donations in David's memory can be made to Homeless Veterans at <https://nechv.org/give-nechv/ways-of-giving/> and the National Multiple Sclerosis Society at <https://www.nationalmssociety.org/Donate>.

Robert J. Long



ROBERT J. LONG

Gibbsboro, NJ and Edward Long of Hull, MA. Also, a loving brother to Patricia Cefalo of Everett, MA. He was a cherished Grandfather to Kenneth and Jeffrey. He leaves behind many nieces and nephews. Bob was pre-

deceased by his siblings Edward, William, and Carol Sullivan.

Relatives and friends are respectfully invited to attend the "Celebration of Life" for Bob on July 9th at 1 p.m. at the Lighthouse Fellowship, 73 Newbury Ave, Quincy, MA 02171.

In lieu of flowers donations may be made to the Tunnel To Towers foundation at T2T.org.

**PLEASE
RECYCLE
THIS
NEWSPAPER**

Robert E. Dunn



ROBERT E. DUNN

and Troop F. He was also a Drill Instructor at the Academy for numerous classes. In addition, he was an original member and, ultimately, in charge of the Massachusetts State Police Special Tactical Operations Performance Team (STOP Team). Further, he was Station Commander in Foxboro, Executive Officer of Troop A, Commander of Troop A, Commandant of the State Police Academy, and Colonel in charge of Field Services. Notably, he earned the State Police Medal of Merit, presented for an outstanding act in the line of duty involving extraordinary courage and valor, during a hostage/kidnapping situation in Bridgewater.

Bob was an avid sports fan. He loved to watch football, hockey, and lacrosse. For years, he played handball in South Boston at L Street and the Boston Athletic Club. He was a season ticket holder

to the New England Patriots and the Boston Bruins. He was in attendance when Bobby Orr scored the goal that made them Stanley Cup Champions in 1970.

Above all else, Bob was a man of faith who loved his family and his country. He lived with integrity, honor, compassion and kindness. These qualities were present in everything he did. He was exceptional at giving advice and would always go the extra mile to assist anyone who was in need. He persevered his entire life and that was never truer than in his final days.

The Dunn family would like to recognize and are grateful for the considerate and empathetic caregivers from Old Colony Hospice and North River Home Care. In lieu of flowers, please consider donating to Sisters of Saint Joseph of Boston Home - Sisters of St. Joseph of Boston.

Visiting hours were held Sunday, July 2nd, in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service was held in the funeral home on Monday, July 3d, prior to the Funeral Mass in St. Ann's Church, Quincy. Burial in Mt. Wollaston Cemetery, Quincy. Please see www.Keohane.com for directions and online condolences.

Rosario C. Santoro



ROSARIO C. SANTORO

living member of his siblings and "The Fighting Santoros," 8 brothers who all served in the military in WWII, who are honored by the City of Medford at the corner of Wheeler Ave. and Bow St. in front of their childhood home.

Proud veteran of WWII serving in the US Navy in the Pacific Theatre fighting the Japanese.

After WWII, Rosario was a school bus driver in Brookline and then went on to long career as a truck driver for Boston & Taunton Trans. Co. in Boston. When he retired, he enjoyed many hobbies such as gardening, maintaining and playing his old 78 pm opera records, spending time with his wife, family and others telling stories of his colorful youth and about his time in the Navy on an LCT during WWII.

He took part in a trip to

Washington DC with Honor Flight New England in April 2017, as a veteran of WWII to tour the memorials and monuments in honor of their service to their country.

Devoted member of Sacred Heart Parish/Devine Mercy of North Quincy, Member of Teamsters Local #25 of Boston, Member of The Medford VFW Post#1012 and member of the Medford Elks Lodge #915 for many years.

He was a very proud man, first and foremost of his family and as Navy Veteran of WWII. He loved The City of Quincy and was a proud North Quincy sports supporter over the years.

Visiting hours were held Friday, June 30th, in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service will be held in the funeral home on Saturday, July 1st, prior to the Funeral Mass in Sacred Heart Church, Quincy. Burial in Pine Hill Cemetery, Quincy.

In lieu of flowers, donations in Rosario's name can be made to Quincy Veteran's Services, 24 High School Ave, Quincy, MA 02169. Please see www.Keohane.com for directions and online condolences.

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In Loving Memory of Your Birthday



Dorothy M. Bosworth

July 7, 1926

June 24, 2019

*Those who love you dearly,
are thinking of you today.*

*Sadly missed,
lovingly remembered.*



Firefighters, Police Officers Promoted

FIFTEEN QUINCY police and firefighters were promoted during a pair of ceremonies the afternoon of June 30 in the Great Hall of the James R. McIntyre Government Center (old City Hall). Top photo: Police Chief Mark Kennedy (far left) and Mayor Thomas Koch (far right) with the 10 newly promoted police officers. They are Captains James Flaherty and Ralph Willard, Lieutenants James Parisi, Brian Flaherty, Joseph Lencki and David Pacino, and Sergeants Christian Donovan, Christopher McDermott, Thomas Pepdjonovic and Michael Dougan. Photo at right: Fire Chief Joseph Jackson (far right) with the newly promoted firefighters, Capt. Mark Kennedy and Lieutenants William Kelley, Wendell Cosgrove, David DeYoung and Joseph Verlicco. More coverage of the fire and police promotion ceremonies will appear in the July 13th issue of *The Quincy Sun*. *Quincy Sun Photos/Robert Bosworth*



‘Better Days Ahead’ For MBTA, Koch Says

Cont'd From Page 10

work done. Whether the work gets done in conjunction with a development, or it has to happen first and then the development, those are the type of things we've got to work through over the next several months."

During the interview, Koch also said the city is looking at ways to provide a better pedestrian connection between the Quincy Center station and the vicinity of the Parkingway, where sev-

eral redevelopment projects are in the pipeline. The city is likewise looking at ways to improve the pedestrian connection from one side of Burgin Parkway to the other.

"We had developers years ago that wanted to create a new station there and then remove this one, and I said, 'no, there's people that live up in here that depend on where it is. You can't do that,'" Koch said.

"We would like to figure out better access from Point

A to Point B, for sure, but the difficulty is Granite Street. Whether we can do a flyover at some point, I don't know, but it's certainly in the mix just as we're looking at the master plan about crossing Burgin Parkway, so people coming from Quincy Center from that side, the other side of Burgin - if we're going to build a garage, does it make sense to have a connection, an overpass, for pedestrians to get to the other side."

"Burgin is a heavily trav-

eled road," he added, "and even with the pedestrian light, it's challenging. Those are the things we're looking at in the master plan. As we develop further, how can make a better experience for everybody."

The city is working on plans for a new municipally owned garage in the vicinity of the IHOP restaurant presently located at 119 Parkway. Koch on June 20 submitted to the City

Council an order to take that property by eminent domain. The item was referred to committee for discussion at a later date.

In the recent interview, Koch said the garage, which is still being designed, would likely have space for between 700 and 800 vehicles while a second garage could be built as part of FoxRock Properties' development to the north of the Generals Bridge.

"Initially we were looking at perhaps 1,200. I think at this point we're looking more in the 700-800 because we think that maybe there will be another smaller one on the other side of the bridge," Koch said.

"Rather than building a big mammoth one, maybe having two in that general area might better serve the public. That's what we're looking at now, two instead of one giant one."

Five Home Improvement Projects That Are Low Cost And High Impact

Cont'd From Page 14

• **Install a Lamp Post**—Lamp posts are a great way to increase the curb appeal of your home, adding beauty to entranceways, walkways, and paths. As an added benefit they can also provide increased safety after dark and

help with easier navigation from place to place at night.

• **Add a Medicine Cabinet to Your Bathroom**—Give your bathroom a refresh by installing a medicine cabinet. In addition to providing extra storage, medicine cabinet designs

offer a variety of styles and sizes to choose from that will best fit both your aesthetic and functional needs.

• **Update with Upholstered Seating**—If you have an open floor plan, explore incorporating upholstered seating throughout your kitchen and dining areas. At bar, counter, and dining areas, utilizing upholstered seating is a simple way to enhance your home with touches of luxury.

• **Brighten a Room with a Mirror**—Mirrors reflect light, which can result in making a room appear more open and illuminated. Adding a mirror can have the effect of an additional window or light source. By strategically placing a mirror on the wall, you can enhance both the lighting and spatial qualities of a room.

These are several of the many projects anyone can take on without extensive DIY experience. In addition to being affordable, all of

these upgrades can have a high impact when it comes to enhancing your home.



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Loved One's
Memory
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NOTICE TO READERS

Obituaries appearing in *The Quincy Sun* and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by *The Quincy Sun*. Obituaries are submitted by the funeral homes and are printed in *The Sun* space permitting.

Quincy Access Television
88 Washington Street
Quincy, MA 02169

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617-376-1441

Public Access Channel 8	Government Access Channel 9
Thursday, July 6 6:00pm: Bethany Congregational Church 7:00pm: On the Road w/Jazzy Bill Friday, July 7 7:00am-9:10am: LIVE: AM Quincy w/Joe Catalano 11:30am: LIVE: Currently in Quincy Saturday, July 8 12:00pm: Korean War Memorial Ceremony 1:00pm: QPD & QFD Promotion Ceremonies Sunday, July 9 11:30am: Quincy Point Cong Good News 1:00pm: The Call Monday, July 10 7:00pm: 2023 ISS Stop the Stigma 5K 8:00pm: Fridays at the Ruth Gordon Amphitheater Tuesday, July 11 7:00pm: AM Quincy: Mayor Thomas Koch 8:00pm: 2023 Hometown Media Awards Ceremony Wednesday, July 12 8:00pm: MassHire South Shore Update 9:00pm: PorchFest Quincy 2023: Wollaston Hill	Thursday July 6 4:00pm: Board of License Commissioners 6/20 5:00pm: Zoning Board of Appeals 6/20 Friday July 7 7:00pm: Health Links: Aging Strong 8:30pm: Legislative Update: Lt. Gov. Kim Driscoll 9:00pm: Media Advisory: Quincy Police Department Saturday/Sunday, July 8/9 9:30am: For Your Health: Ticks 10:30am: Legislative Update: Lt. Gov. Kim Driscoll 11:00am: Health Links: Aging Strong 12:00pm: MA House of Representatives 6:00pm: Media Advisory: Quincy Police Department Monday July 10 1:30pm: TCPL Presents: WalkBoston 4:00pm: State Library Author Talks Tuesday July 11 3:00pm: At the Library Concert: Sweet Wednesday 4:00pm: Board of License Commissioners 6/20 6:00pm: Zoning Board of Appeals 6/20 Wednesday July 12 7:30pm: Good Deeds: Quarterly Update

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

Mark William Bracken Named Executive Director MA State Lottery

Mark William Bracken has been named executive director of the Massachusetts State Lottery after having performed the role on an interim basis since March of

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO23P1562EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Carole A. Lund
Date of Death:
02/01/2023

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Christopher D. Lund of Naples, FL** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Christopher D. Lund of Naples, FL** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 A.M. on the return day of 07/19/2023**. This is **NOT** a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: June 14, 2023
COLLEEN M. BRIERLEY
Register of Probate

7/6/23

2022.

"We are proud to appoint Mark William as the new executive director, and strongly support his efforts in this new role," said state Treasurer Deborah B. Goldberg. "He has extensive leadership experience and knowledge about the standards, goals, and operations of the Lottery, ensuring the continued integrity of the industry while maximizing local aid for our cities and towns."

"I am grateful to Treasurer Goldberg for giving me the opportunity to lead one of the most successful lot-

teries in the world and build upon its many achievements over the last five decades," said Bracken, a lifelong Quincy resident. "The last year has been an amazing experience and I am excited to work with our talented team members to continue to introduce new and entertaining products and support the 351 cities and towns in Massachusetts."

Bracken has served as an assistant treasurer and director of the Unclaimed Property Division since 2011. Before joining the Treasury, he served a term as the executive secretary of the

Board of Appeals on Motor Vehicle Liability, Bonds and Policies in former Governor Deval Patrick's administration. Before working for Governor Patrick, he spent six years as a policy analyst for the Joint Committee on Financial Services for the Massachusetts General Court. He has also served as the President of the National Association of Unclaimed Property Administrators.

Bracken earned his Juris Doctor from Suffolk University Law School and a Bachelor of Arts in Politics from Saint Anselm College.

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
Department of Public Buildings

INVITATION TO BID

The Department of Public Buildings for the City of Quincy, Massachusetts is seeking sealed bids for the **KENNEDY CENTER STRUCTURAL REPAIRS PROJECT** until **11:00 a.m., local time Thursday, July 20, 2023**, in the Office of the Purchasing Department, 1305 Hancock Street, Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The project consists of sounding and removing deficient concrete, cleaning, and coating of exposed rebar, splicing new rebar at locations of deteriorated rebar and patching concrete at joists, beams and grade beams at the underside of the structural floor slab at the Kennedy Center, 440 E. Squantum Street, Quincy, MA. The structural repairs are identified in multiple typical repair details and the quantities of each type of repair are listed in the plans and specifications. Access to the underside of the structural slab is provided by a partial basement/crawl space and is a confined space.

All inquiries must be received via email to klogan@quincyma.gov and cc: mmarini@quincyma.gov thru July 14, 2023 by 12:00 p.m.

A pre-bid walk through is scheduled for July 6, 2023 at 11:00 a.m. at the project site: Kennedy Center, 440 East Squantum Street, Quincy, MA 02171.

Detailed specifications are available on-line at BidDocs website and also available at the Office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM. Specifications will be available June 28, 2023, at 10:00 a.m.

The bidding and award of this contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised. All applicable Federal, State and City of Quincy regulations in relation to and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced bids may be rejected.

Thomas P. Koch
Mayor

Paul Hines
Commissioner

Kathryn R. Logan
Chief Procurement Officer

7/6/23

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK ST., QUINCY, MA 02169

Request for Proposals

MEMORIAL PROJECT FOR BEACHCOMBER PARK PROJECT

In accordance with M.G.L. Chapter 30B and all other relevant procurement laws and guidelines, the City of Quincy acting on behalf of the Office of the Mayor, is soliciting proposals for the design, fabrication, and installation of monumental sculptures capturing our City's gratitude for the Beachcomber property and those who have performed there. The goal is to expand the public understanding and appreciation of the Beachcomber establishment and those great entertainers who performed at that location over the numerous years it was in operation. The sculptures will be placed prominently within Beachcomber Memorial Park. As part of the design team, the selected artist will work with the City to complete the 100% designs, construction and installation of the sculptures for the Memorial Park.

Request for Proposals submittals will be received at the office of the Purchasing Department; City Hall, 1305 Hancock Street; Quincy, MA 02169, until **Thursday, July 20, 2023 at 11:30 a.m.** Late responses will be rejected.

Non-Price Proposals must be in a sealed envelope and separate from the Price Proposals in another sealed envelope. The outside of the sealed envelopes is to be clearly marked "RFP - NON PRICE PROPOSAL ENCLOSED" with time/date of RFP and "RFP - PRICE PROPOSAL ENCLOSED" with time/date of RFP.

Copies of the Request for Proposals will be available on Monday, July 3, 2023 and may be obtained from the Purchasing Department; City Hall, 1305 Hancock Street; Quincy, MA 02169 or by emailing mmarini@quincyma.gov between 8:30 a.m. and 4:30 p.m. Monday through Friday. The RFP will also be available on the City's website (www.quincyma.gov).

All inquiries must be received via email to klogan@quincyma.gov and cc: mmarini@quincyma.gov thru July 14, 2023 by 12:00 p.m.

The City of Quincy shall determine the selected artist through a standard panel-based artist selection process. The City of Quincy reserves the right to withdraw the Request for Proposal; to reject any and all submittals; and to accept any submittals deemed to be in the best interest of the City of Quincy.

Bids shall be in accordance with any and all M.G.L. Chapter 30B. All Federal, State and City of Quincy regulations will apply. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

The City of Quincy reserves the sole right to amend this RFP by formal Addendum.

Thomas P. Koch, Mayor
Kathryn R. Logan, Chief Procurement Officer

Beware Festival Scams

By BETTER BUSINESS BUREAU

Many people are looking forward to fun festivals this summer. As usual, scammers are taking advantage of the building excitement. This time, they are cashing in with phony tickets—and even fake events.

How the scam works

You see a fantastic deal on tickets to a summer festival in your area, usually through a link on social media. The event promises live music, all-you-can-eat meals, craft beer or wine, or other fun activities.

When you click the social media link, it takes you

to a professional website with fantastic pictures. You enter your credit card information to buy tickets and think you are all set. But before you buy, do a little research. Whether the event is non-existent, merely disappointing, or you just bought phony tickets, the result is the same: someone pockets your hard-earned money!

BBB Scam Tracker has received numerous reports from people who purchased fake tickets to actual events or events that have yet to materialize.

A customer in Memphis reported buying tickets for \$82.50 to a "Bubble Run" in June 2022 that never happened: "Facebook event page advertised the Bubble run as a free event. I purchased 4 'entries' with glasses and tutus and they charged my debit card. They then cancelled the event refuse to respond to emails. They are still advertising on Facebook like the event is happening."

One consumer who purchased tickets to a fake beer crawl reported: "Reviews across multiple platforms make it clear that these events are at best extremely misleading or at worst canceled. No refunds are given, even when their inconsistent and mostly-unreachable customer service email address responds to confirm a refund will be provided."

How to spot a fake festival

• **Research before you buy.** Search online for the festival's name and ensure the name advertised matches the website. Scammers often use names that sound similar to those of real festivals.

• **Check for (working) contact information.** Be sure the festival website has a real phone number and email address.

• **Watch out for prices that sound too good to be true.** There is no way a festival can offer tickets at extremely low prices without losing money. If the prices are much lower than elsewhere, it's likely a scam.

What can you do?

• **Pay with a credit card.** You can dispute the charges if the business doesn't come through. Be wary of online sellers that don't accept credit cards.

• **Look for secure sites.** The website should begin with HTTPS (the extra "s" is for security) and have a lock symbol on the address bar.

• **Avoid tickets sold on Craigslist, Facebook Marketplace, and other free online listings.** Scammers are skilled at providing realistic tickets and fake receipts. Check out third-party ticket sites at BBB.org before making purchases.

7/6/23

NCSO, Marcotte Foundation Host Self-Defense Class

The Norfolk County Sheriff's Office recently hosted the first in a series of self-defense class for women in partnership with the Vanessa T. Marcotte Foundation.

The class, which is free and open to all women, marks the beginning of a series of free self-defense classes to be offered throughout Norfolk County. Following a successful soft-launch in March, the class held on June 6th had more than 25 participants.

"After the overwhelmingly positive response of our soft launch in March, I am proud that the NCSO and Vanessa T. Marcotte Foundation can partner together for this life-saving opportunity for our county's women," said Sheriff McDermott. "Helping people feel safe and secure is exactly why we partnered up with the Marcotte Foundation, and I look forward to



THE NORFOLK COUNTY Sheriff's Office recently hosted the first in a series of self-defense class for women in partnership with the Vanessa T. Marcotte Foundation. To learn more about these free trainings or register, visit www.vtmf.org.
Courtesy Photos

continuing to provide these opportunities across the county."

Participants in the class learned a variety of self-

defense techniques as well as strategies to improve situational awareness. The NCSO provided instructors trained by the Vanessa T.

Marcotte Foundation who guided participants through the two-hour long program.

The NSCO and Vanessa

T. Marcotte Foundation plan to continue offering these trainings free of charge to area women across Norfolk

County.

To learn more about these free trainings or register, visit www.vtmf.org.



Alexander Stankov Award \$1,000 Scholarship From Metro Credit Union

Alexander Stankov of Quincy was recently awarded a \$1,000 scholarship from Metro Credit Union. Stankov was one of 19 students who received a scholarship to further their education in the 2023-2024 academic year.

Each year, Metro pro-

vides financial support to local high school seniors who meet eligibility requirements. To apply for a scholarship, students must be Metro Credit Union members or have a parent or guardian who is a member, have a minimum grade point average of 3.0 on a 4.0

scale, and plan to enroll in an accredited undergraduate or vocational-technical program in the upcoming school year. Selected scholarship recipients receive \$1,000 to be used toward their tuition and education expenses.

"We are proud to offer

scholarship funding to help students continue their education," said Robert Cashman, president and CEO of Metro Credit Union. "It brings us great joy to see young members in our surrounding communities who are committed to advancing their education. Based

on their outstanding high school accomplishments, we're confident that the students benefiting from this year's scholarships will continue to further achieve personal and academic success."

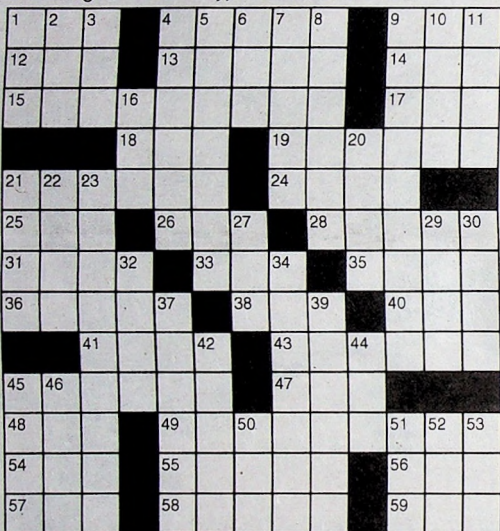
Stankov and the other 18 Metro Scholarship recipi-

ents were selected this year based on academic record, demonstrated leadership, work experience, a statement of educational and career goals and objectives, unusual personal or family circumstances, and an online recommendation.

SUN FUN PAGES

King Crossword

- ACROSS**
- 1 Chewable stick
4 Parisian river
9 Chaney of horror films
12 Links org.
13 Leek's kin
14 Rage
15 Food's freshness period
17 Hardly any
18 Call — day
19 Papa Hemingway
21 Boot camp reply
24 Swelled heads
25 Curator's concern
26 Mayo ingredient
28 "Bullitt" director Peter
31 Leeway
33 Hirohito's title (Abbr.)
35 Aspiration
36 Rapper's headgear
- DOWN**
- 1 Family docs
2 "Yecch!"
3 Actress West
4 Sentimental sort
5 Blow up
6 Sundial numeral
7 Type of check-
- 38 "Chandelier" singer
40 Stimp's pal
41 Christmas
43 Aged, in a way
45 As a whole
47 Perch
48 Zodiac feline
49 Novel storage area?
54 Buddy
55 Kate's sitcom partner
56 Aussie hopper
57 Fine, to NASA
58 Property claims
59 Chopper
- 8 Vigor
9 Biography
10 Raw materials
11 Salamander
16 Fleur-de-
20 Ham's dad
21 Three feet
22 Slangy suffix
23 Tot's reading material
27 Baseball execs
29 Fencing sword
30 Fax
32 Manhandle
34 Football, slangily
37 Worldwide
39 Comes up
42 Dangerous bacteria
44 Sports fig.
45 Exile isle
46 Sleuth Wolfe
50 Flamenco cheer
51 Historic period
52 Bagel topper
53 Nemesis



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MAGIC MAZE • POPEYE

Q A R T O P L I F C Z W T Q N
K I E S A F C Z W U R P E M J
H E C P Z T R X U S Q V N L J
G E P I E C T E Z X I V T R P
N Y L N J E H O G L B E C A Y
W V T A R G W P O R L N L K I
G E C C B I A S U T U R B Y Z
X W U H M S R H P O T B M O L
J I E P I P G E A D O O M H B
A Y Y X W U D E Y E E N O A T
S R O L I A S E L C S U M T H

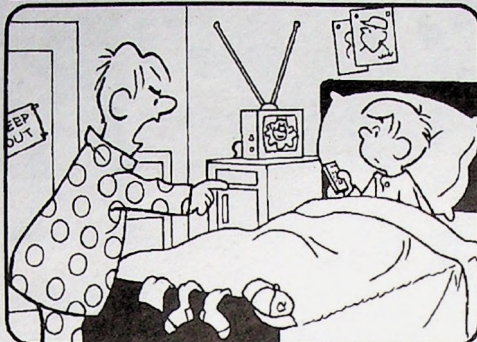
Find the listed words in the diagram. They run in all directions — forward, backward, up, down and diagonally
Unlisted clue hint: GIRLFRIEND — OYL

Ahoy Muscles Sailor Tattoo
Bluto One-eyed Sea Hag Toot toot
Brutus Pappy Spinach Wimpy
Hamburger Pipe Sweet'Pea

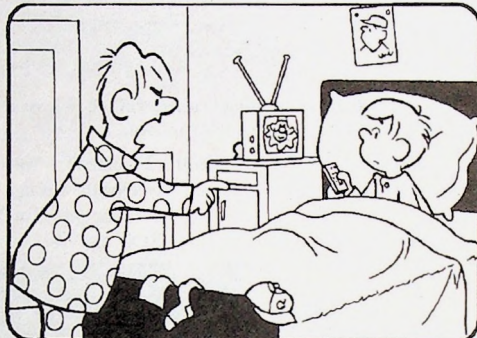
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sign is missing. 2. Antenna is different. 3. Handle is smaller. 4. Sock is missing. 5. Cap is missing. 6. Picture is missing.

Trivia test

by Fifi Rodriguez

- TELEVISION: What is the name of Samantha's mother in the "Bewitched" comedy series?
- MOVIES: What is the name of the shark-hunting boat in the film "Jaws"?
- SCIENCE: What is the most lethal consumed plant in the world?
- ANIMAL KINGDOM: What is a female goat called?
- U.S. PRESIDENTS: Who served as vice president in Abraham Lincoln's first term as president?
- FOOD & DRINK: What kind of alcohol is traditionally used in a drink called a sidecar?
- LITERATURE: What city

is the primary setting for Shakespeare's "Romeo and Juliet"?

8. ASTRONOMY: Which planet in our solar system was the first to be explored by a space probe launched from Earth?

9. MUSIC: In what year did MTV launch?

10. GEOGRAPHY: Where is the famous St. Basil's Cathedral located?

Answers

- Endora.
- The Orca.
- Tobacco.
- A doe or nanny.
- Hannibal Hamlin.
- Brandy.
- Verona, Italy.
- Venus (Mariner 2).
- 1981.
- Moscow, Russia.

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Wishing Well®

3 7 4 3 5 8 7 2 3 6 4 3 4
O A B L A S M E D Y E L I
3 4 7 4 8 7 2 7 4 3 7 3 8
O N B D E I X T E V I E E
3 7 3 6 7 6 4 8 5 7 3 2 8
R O E O N U P K D P T E T
2 7 3 2 6 8 7 8 6 7 5 7 2
R A U C A H Y E R S A O I
6 7 8 3 4 3 4 7 5 6 2 3 6
E F T R E N N F Y S S S E
2 4 5 6 5 8 4 6 4 6 5 2 4
E D F C O R E U N R R C T
5 6 8 2 8 2 5 2 8 2 5 2 2
F E U A T U U T H I N O N

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Keep a lid on your temper, despite any attempts made by someone who might be trying to goad the Sheep into flaring up. Staying cool helps put your adversary into a deep freeze.

TAURUS (April 20 to May 20) All you Ferdinands and Fernandas need to take time to smell the flowers. You've worked hard. Now, stop and indulge yourself with the vacation you so richly deserve.

GEMINI (May 21 to June 20) There's good news for single Geminis who feel incomplete without someone special in their lives. A peek at Cupid's checklist reveals that a Scorpio or Virgo will soon be knocking on your door.

CANCER (June 21 to July 22) Don't fret if things at work might be going too slowly for you. Everything's on track. Meanwhile, gather your family and friends for a lovely summer outing.

LEO (July 23 to August 22) You might feel you're being virtuous dedicating all this time to your project. But a little time off for summer fun with loved ones will help you relax and refill your energy reservoir.

VIRGO (August 23 to September 22) Your emotions might mislead you, but not your instincts. Do what you know to be right, even if you'd rather make other choices. Time will show that you chose well.

LIBRA (September 23 to October 22) This could be a good time to reevaluate some of the

business decisions you've made during the past several months. A new advisor offers some much-needed counsel.

SCORPIO (October 23 to November 21) A personal challenge involving someone close to you needs precisely the kind of courage and honesty you can bring to the situation. Go to it — and good luck.

SAGITTARIUS (November 22 to December 21) Continue to build your self-confidence by taking additional steps to assert your rights. Cheer up. The process gets easier with each clear-cut victory.

CAPRICORN (December 22 to January 19) Despite your keen Capricornian sense of what's right and what's not, you still need facts to back up suspicions about a co-worker. Bide your time. The truth will come out.

AQUARIUS (January 20 to February 18) A relationship you hope to save might seem too far gone to be rescued. But continue working with your partner to try to mend the misunderstanding.

PISCES (February 19 to March 20) You need to keep your emotional side in check and let your logical self sort out the problem that threatens a longtime association. Expect some hidden truths to be revealed.

BORN THIS WEEK: You can be extravagant, and you can be frugal, almost at the same time. But whatever you do and whenever you do it, you do it with style and gusto.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

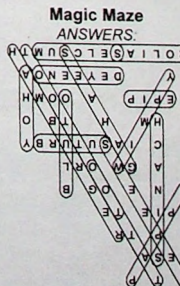
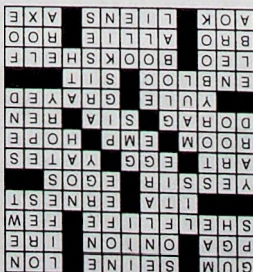
Clue: G equals U

BFWZT FWTF NP COT G.M. QOTWT
LTNLBT FBQFDM LGC PNWCO
CNXM NP TPNWC: COT ZWTF C
LFYXM WTZYNX.

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King Crossword — Answers

Solution time: 22 mins.



CryptoQuip answer
Large area of the U.S. where people always put forth tons of effort: The Great Plains region.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — Ryan Reynolds and Kenneth Branagh are starring in the AppleTV+ action-adventure film "Mayday." Reynolds was able to make script changes to "Deadpool 3" (due May 3, 2024), with Hugh Jackman, but due to the writer's strike, he's no longer allowed to contribute writing changes during filming.

Reynolds has already completed "IF" ("Imaginary Friends") for director and star John Krasinski, along with Steve Carell, Matt Damon, Emily Blunt, Maya Rudolph, Vince Vaughn, Sam Rockwell and Jon Stewart — due May 24, 2024. Meanwhile, Branagh stars in "Openheimer," which opens July 21, and he's completed the third film in his trilogy based on Agatha Christie's works, "A Haunting in Venice." Releasing in theaters Sept. 15, the film also stars Tina Fey, Michelle Yeoh and Jamie Dornan.

Dick Clark Productions has produced many award shows over the years, so buying the Golden Globes from the almost-defunct Hollywood Foreign Press Association (who barely escaped a diversity scandal that lost their telecast for a year) was a good move. Their 310 voting members will vote on the awards, but will not be involved in the telecast.

Audiences are finally seeing Carrie Fisher's last film "Wonderwell," which she completed seven years ago, six weeks before her sudden passing in December 2016. The film co-stars Rita Ora and Vincent Spano. It was released digitally on June 23.

On the heels of Bruce Willis' forced retirement due to frontotemporal dementia (his last two films ever were released earlier this year), Pat Sajak announced

his retirement after 40 years of "Wheel Of Fortune." And following "Spider-Man" Tom Holland's year off from filmmaking comes word from "Breaking Bad" Emmy winner Bryan Cranston, who announced that he'll take time away in 2026 when he turns 70.

"I am not retiring," Cranston cautioned in an Instagram post. "What I'm going to do is hit the pause button...First, it will allow me to spend time with Robin (my beautiful wife of 34 years now)...Secondly, it gives me a sort of 'reset' in my career...Exploring a more expanded life experience will give me the chance to replenish my soul and prepare for whatever roles I may be afforded in a more authentic way."

Until then, Cranston has his turn in "Asteroid City," which hit theaters on June 16. He's also in the first film in the "Argylle" trilogy, co-starring Henry Cavill, Sam Rockwell and Bryce Dallas Howard, which will release on AppleTV+ at an undetermined date. And he wrapped the drama film "Everything's Going to Be Great," with Allison Janney, which is looking for a release to theaters.

Typically, actors, especially in England, are always claiming to retire out of the game — until the next offer comes. One star who'll probably never call it a day is Harrison Ford, whose "Indiana Jones and the Dial of Destiny" dropped June 30. In addition to his fifth Indiana Jones film, "Captain America: Brave New World" is due July 26, 2024, and both Paramount+'s "1923" and AppleTV+'s "Shrinking" have been picked up for a second season. The word "retirement" may never escape Ford's 80-year-old lips.

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GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

	-		x		5
x		-		÷	
	+		÷		1
-		x		+	
	-		x		6
3		8		7	

1 2 3 4 5 6 8 9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Cribbage Board — Do you like to play games on your phone while you're on a long trip? Today's travel games have plenty of predecessors. Cribbage, a card game where players keep score with pegs on a board, is believed to have been invented in the 17th century. It became a favorite of sailors and was especially popular on whaling ships.

Sailors would make their own boards out of carved whalebone, animal teeth or tusks. This 19th-century game board, which sold for \$531 at an Eldred's auction, has pierced whalebone panels on an ebony and mahogany board. Sailors continued playing cribbage after whaling declined. Most ships still have a cribbage board today. The U.S. Navy has a board that gets handed down to the oldest submarine in the Pacific fleet, a tradition that originated when an officer was dealt a perfect hand in a game played during World War II.

Q: I have a Mexican silver pitcher inlaid with iridescent shells and marked "Alpaca." Is "Alpaca" the maker? What can you tell me about it?

A: Alpaca silver is a metal. It isn't really silver, but an alloy of copper, nickel and zinc that may also be called "nickel silver" or "German silver." It was first used in China and exported to Europe. In 1823, German metalsmiths created a version of nickel silver that was trademarked "Alpaca." Use of Alpaca spread throughout Europe and the Americas.

It can be a base for electroplated nickel silver. Today, alpaca silver is often used in jewelry, tableware and decorative items. It is usually marked "Alpaca" or "Alpaca." It is more durable than silver, sells for lower prices and may have a less shiny finish than silver.

TIP: Team-signed baseballs should have about 26 autographs, including the entire starting lineup, star pitchers and other key members of the team. A star's signature on the sweet spot is desirable, but that spot is sometimes reserved for the manager.

CURRENT PRICES

- Steuben glass pitcher, Celeste Blue, barrel shape, rigaree around base, pedestal foot, clear handle, 10 1/4 x 7 inches, \$90.
- Vase, Kosta Boda, turquoise sea horse and seaweed, light green bubbled ground, signed, Olle Brozen, 10 x 6 x 6 inches, \$190.
- Poster, concert, The Temptations, photo, black lettering, red ground, The Moments, Candi Staton, July 10, Cow Palace, halftone, Colby Poster Printing Co., 22 1/2 x 14 1/4 inches, \$295.
- Silver creamer, urn shape, pedestal base, round-stepped foot, beaded rim and handle, monogram, John Letelier touch mark, 18th century, 5 inches, \$580.

For more collecting news, tips and resources, visit www.Kovels.com

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Strange BUT TRUE

• All the paint on the Eiffel Tower weighs the same as 10 elephants.

• The actual grave of Mumtaz Mahal, for whom the elaborate crypt known as the Taj Mahal was built, is the only undecorated part of the famous structure, due to a Muslim law dictating that graves cannot be adorned, as this is seen as an act of vanity.

• One ingredient in Ranch salad dressing is titanium dioxide, which is used to make it look whiter. It's also the same ingredient that's used in sunscreen and paint for coloring.

• George Washington celebrated July Fourth by giving his soldiers a double ration of rum.

• The Bagheera kiplingi spider, discovered in the 1800s, is the only species of spider that has been classified as vegetarian.

• William Moulton Marston, who created the superheroine Wonder Woman, also designed the first lie detector.

• The full name of the famous Chuck E. Cheese mouse is Charles Entertainment-meat Cheese.

• After the release of the 1996 film "Scream," which involved an anonymous killer calling and murdering his victims, caller ID usage tripled in the United States.

• The longest-ever cricket test match, between England and South Africa, lasted more than 12 days and finally came to a conclusion because the English team would have missed their boat home.

• There's very little evidence the TSA has ever stopped a terrorist or found a real bomb. When tested, they failed to find fake weapons and bombs 95% of the time.

• The island of Madagascar got its name when Marco Polo misspelled it.

• During the Second World War, German tank drivers would drive their vehicles over camel droppings, thinking it would bring good luck.

Thought for the Day: "In the long run, the sharpest weapon of all is a kind and gentle spirit." — Anne Frank

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Now here's a tip!

by Jo Ann Derson

• They say a picture is worth a thousand words, but in today's digital age, storing and displaying our treasure trove of images can take some craft work. For a lovely, cheap display, find frames of varying designs in secondhand stores. Remove the glass and lay them out on newspaper. Spray-paint them all the same color and, when dry, frame and hang your favorites in a very cohesive grouping!

• "When on vacation, it's really easy to take hundreds of pictures, but when you upload them to the computer, it's hard to find the gems in the mass of files. Spend some time each day reviewing the pictures on your camera, and delete the redundant ones and pics that are obviously not keepers." — E.L. in Illinois

• "When my sisters and I get together (there are five of us), we each bring a flash drive with about 50 good, recent family pictures. One sister is a technical whiz, and she put all the pictures together and

loads them back on the flash drives, labeled with the date. And then we all watch a picture slideshow together and share our stories." — G.B. in Georgia

• Save your favorite family photos to a disk and give a copy to a trusted friend. That way, if anything should happen to your computer/home/etc., you'll still have those pictures.

• "My mother-in-law has a digital photo frame, and about every six months we send her a new flash drive to plug into the back of it. She does not have a computer, so she enjoys the picture show and can go back to the old pictures as well whenever she wants just by plugging a different drive into the frame. What a great way to share photos with a different generation." — A.T. in Missouri

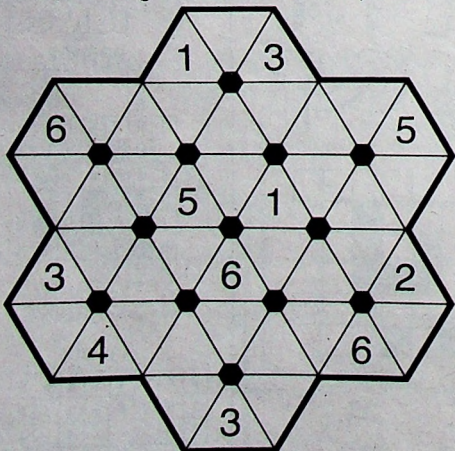
Send your tips to **Now Here's a Tip**, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS

by Terry Stickels

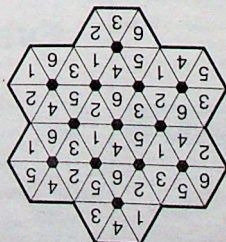
Match the words on the left with their meanings on the right.

- | | |
|-------------|-----------|
| 1. bovine | a. fox |
| 2. ovine | b. frog |
| 3. vulpine | c. cow |
| 4. leporine | d. rabbit |
| 5. ranine | e. sheep |

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SNOWFLAKES

solution



Go Figure!

answers

	7		8		3
6	6	x	8	-	9
	+		x		-
	5	÷	1	+	4
	÷		-		x
5	5	x	2	-	3

Stickelers Answer

1-c, 2-e, 3-a, 4-d, 5-b

Super Crossword

IT'S MEANINGLESS

ACROSS

- 1 Carter-era FBI sting
- 7 "It costs — and a leg"
- 12 "Likely story!"
- 16 Learning inst.
- 19 Spanning structure
- 20 Gorme with Grammys
- 21 Mag online
- 22 Boxer Clay, renamed
- 23 Withstanding decay
- 25 Dak., in the 1800s
- 26 Sawmill item
- 27 Org. for drs.
- 28 Haughty type
- 29 Reggae singer with the Wailers
- 31 Pureed fruit product since the mid-1800s
- 36 Top-drawer
- 37 Is storming
- 38 Antony: Abbr.
- 39 Maker of Tater Tots
- 41 It induces an immune response
- 44 Trash collection service
- 48 "Our Gang" girl

DOWN

- 49 Evict
- 50 Raw resource
- 51 Racing units
- 52 Furniture with four sleeping units
- 55 Trachea-to-lung tubes
- 58 TV trophy
- 59 Partake of
- 60 French for "good"
- 61 Winfrey of "Selma"
- 65 Small inlet
- 66 Medieval stronghold near Cork, Ireland
- 71 "— had it!"
- 72 With 6-Down, relay some information
- 74 Rustic hotels
- 75 Eighth mo.
- 76 Like both-sex doms
- 77 Experienced again
- 80 Seepage in a boat's bottom
- 83 Exhaust conduit, e.g.
- 86 Cavity-fighting org.
- 87 Golf great
- 88 Actress Graff
- 89 Chef who was a judge on ABC's "The Taste"

ACROSS

- 93 Novelist Sidney
- 95 "Good Times" actor Walker
- 96 12, on some clocks
- 97 Speedskater Ohno
- 98 Celine of pop
- 99 Part of many a kid's lunchbox meal
- 106 Cow stomach, on a menu
- 108 Fix, as a knot
- 109 Xbox competitor
- 110 AOL competitor
- 111 Yoo- (chocolate drinks)
- 112 10 answers in this puzzle have one
- 116 Tenth mo.
- 117 Guitar relative
- 118 Prickly shrub
- 119 State of hypnosis
- 120 Co. top dog
- 121 Pro votes
- 122 Pungent salad green
- 123 Gossipy meddlers

DOWN

- 1 James A. Garfield's "A"
- 2 — Seltzer
- 3 Occupy, as a desk
- 4 USN VIP
- 5 Become older
- 6 See
- 72 Across
- 7 — Fables
- 8 Somnolent competitor
- 9 Have — with destiny
- 10 — Tin Tin
- 11 Got together
- 12 Old Mexican
- 13 Seven, in Seville
- 14 As to
- 15 Luxury Italian car
- 16 Second-largest city in Greece
- 17 Shut entirely
- 18 Tall
- 24 With an inky implement
- 29 Stage after larva
- 30 Bicycle pedal attachment
- 32 Soft felt hat
- 33 Actress
- 34 Categorize
- 35 PD alert
- 39 Big oil gp.

DOWN

- 40 College-level H.S. courses
- 41 Some vipers
- 42 "Skyfall"
- 43 Actress Harris
- 44 Holster item
- 45 Invite (to)
- 46 Get reduced in price
- 47 Suffix with north
- 49 Surpass in competition
- 53 Wriggly fish
- 54 Sheep's cry
- 55 Razor brand
- 56 Stephen of films
- 57 Weeding aid
- 60 Fly- (pilots' stunts)
- 62 Ran amok
- 63 Brand of bath additives
- 64 Actress
- 66 Slangy "sweetie"
- 67 Denver-to-Bismarck dir.
- 68 Call a halt to
- 69 Pull sharply
- 70 Size bigger than med.
- 73 Imagine
- 76 Young and in-experienced
- 78 Really weak
- 79 First lady
- 80 Stinging flier
- 81 Wall creeper
- 82 Hold and use
- 83 Part of many a kid's lunchbox meal, for short
- 84 Shimmer, as an opal
- 85 It's stuffed into an olive
- 87 Potato cover
- 90 After point number eight
- 91 Bar on a car
- 92 2016 Summer Olympics locale
- 93 1992 Summer Olympics locale
- 94 Frankness
- 97 Fall flowers
- 99 Regional life
- 100 Church parts
- 101 Bert's bestie
- 102 Some RSVPs
- 103 Defiant kid's declaration
- 104 About, timewise
- 105 Masks
- 106 College VIP
- 107 Rakish guy
- 112 "SNL" airer
- 113 NHL's Bobby
- 114 Fore
- 115 Pale-looking

celebrity extra

by Dana Jackson

Q: Is Vanna White leaving "Wheel of Fortune" when Pat Sajak retires? I'm sad to see him go, but I hope they keep Vanna. — T.L.

A: "Wheel of Fortune" game show host Pat Sajak recently announced that the next season will be his last. He'll remain as a consultant off camera for three additional years after that, but the question fans are asking is, where does this leave Vanna White?

According to Entertainment Weekly, White is in the process of trying to negotiate a new deal to remain on the show and is also seeking a raise — her first one in 18 years. A decision about her future with the show is in limbo right now.

Q: Is it true that the TCM (Turner Classic Movies) channel is going away? I really enjoy watching old films on that channel before bed every night. — J.K.

A: In recent days, it was reported that the TCM channel was downsizing its staff from 90 employees to 20. Fans like yourself, including actor Mark Hamill, feared the worst — that TCM would be erased from our cable TV guides forever. The news of the layoffs alarmed directors Steven Spielberg, Martin Scorsese

and Paul Thomas Anderson so much that they teamed up for an emergency call about it with Warner Bros. Discovery CEO David Zaslav.

The trio of respected directors released a statement about their discussions with Zaslav and concluded that "it's clear that TCM and classic cinema are very important to him. Our primary aim is to ensure that TCM's programming is untouched and protected... We are committed to working together to ensure the continuation of this cultural touchstone that we all treasure."

After Hamill tweeted that he "can't imagine a world without my all-time favorite station," Turner Classic Movies host Ben Mankiewicz replied: "You don't have to imagine it. We're not going anywhere." That certainly sounds reassuring. Hopefully, the #SaveTCM social media campaign, combined with the star power behind it, will ensure that the TCM channel remains part of television history for a long time to come.

Q: When are the Emmy Awards this year? I know the Academy Awards and Grammys are earlier in the year, but I've lost track of the Emmys. — H.J.

A: Nominations for the 75th annual Primetime Emmy Awards will be announced on July 12, with the live ceremony planned for Monday, Sept. 18, on Fox. However, if the WGA Writers Strike isn't resolved by the end of July or early August, there's a good chance the



"Wheel of Fortune" Co-Host Vanna White

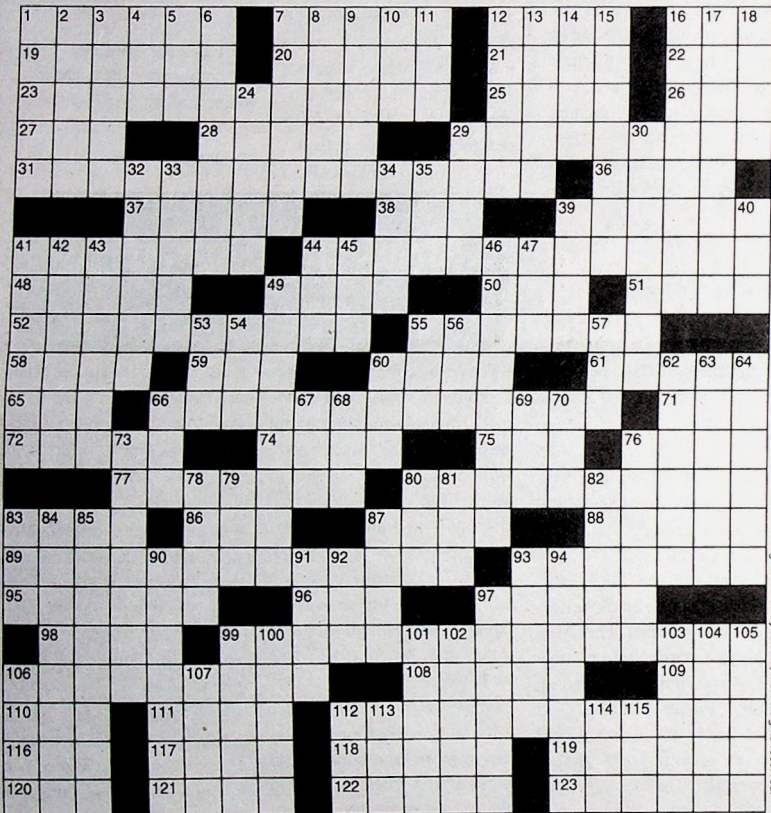
Photo Credit: ABC/Ricky Middlesworth

ceremony will be postponed. According to Deadline.com, if that happens, don't expect it to air any earlier than November. The 50th annual Daytime Emmy Awards were supposed to be telecast on June 16 on CBS, but have been postponed due to the strike as well.

The list of predicted nominees that will be announced on July 12 include the stars of HBO's "Succession" and "The White Lotus," AMC's "Better Call Saul," Hulu's "The Bear," and Showtime's "Yellowjackets," among others. Many are also anticipating that Hollywood legend Carol Burnett, who recently turned 90, is expected to be nominated for her guest-starring role in the final season of "Better Call Saul."

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFW5, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

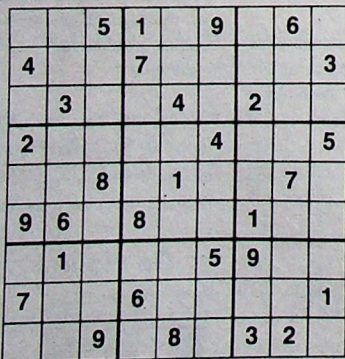
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|----------------------|-------------|--------------------|-------------|
| 1. Not in attendance | B _ _ _ _ | Approval | _ S _ _ _ _ |
| 2. Greasy dirt | _ _ _ _ M _ | Complain | _ _ _ _ P _ |
| 3. Small river | _ _ _ _ K _ | Belief system | _ _ _ _ D _ |
| 4. Hire an attorney | _ _ _ _ T _ | Stay behind | _ _ _ _ M _ |
| 5. Comics company | _ _ _ _ V _ | Mime Marceau | _ _ _ _ C _ |
| 6. Foundation | B _ _ _ _ | Desert refuge | O _ _ _ _ |
| 7. Wayward | _ _ _ _ T _ | Gofer's assignment | _ _ _ _ D _ |
| 8. Cereal segment | _ _ _ _ K _ | Flicker | _ _ _ _ R _ |
| 9. Whale's blow-hole | _ P _ _ _ | Cheerleader's tone | _ H _ _ _ |
| 10. Previous | _ _ _ _ M _ | Counterfeiter | _ _ _ _ G _ |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

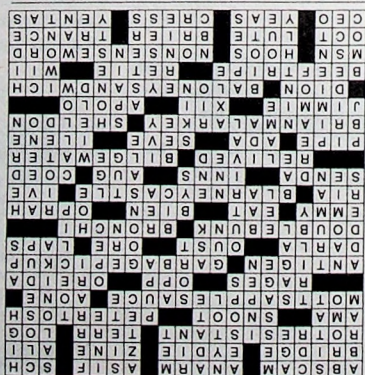
DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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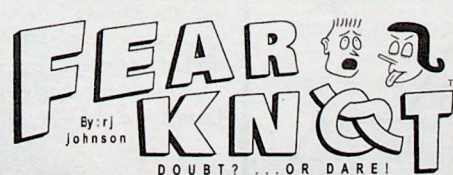
Super Crossword

Answers

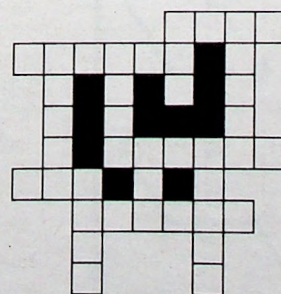


Even Exchange answers

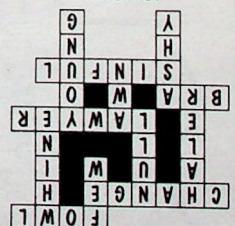
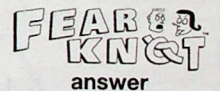
- | | |
|-------------------|--------------------|
| 1. Absent, Assent | 10. Former, Forger |
| 2. Gripe, Grippe | 9. Spout, Shout |
| 3. Creek, Creed | 8. Flake, Flare |
| 4. Retain, Remain | 7. Errant, Errand |
| 5. Marvel, Marcel | 6. Basis, Oasis |



WEF
FLINUS
ARHEL
LNLU
WERALY
♥RBA
♥LWFO
UNOGY
♥NAW
AGHENC
INHEW
HYSA

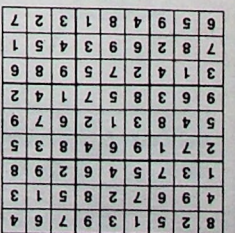


Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU

Answer



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Amber Waves

I TELL YA, SON. HAVING A FAMILY AND RUNNING A FARM IS A FULL-TIME JOB.

WE EACH HAVE JOBS WE ARE RESPONSIBLE FOR, LIKE A BUSINESS... ANY QUESTIONS?

YEAH, I KEEP TRYING TO FIGURE OUT WHERE THE HECK BABIES COME FROM?

THAT WOULD BE YOUR MOTHER'S DEPARTMENT.



Beware of "Lost Pet" Scams

DEAR PAW'S CORNER: Please warn your readers to watch out for a new scam targeting pet owners. These despicable people look for "Lost Pet" signs and call the owner's number, claiming that they are a nearby shelter and that they've found their pet. But there's a catch: In order to get the pet back, the owner must pay the shelter using an online payment app or by sending gift cards. And here's the cruellest part: The scammers don't have their pet. They just take the money and disappear. Please sound the alarm. — Denise O., San Francisco

DEAR DENISE: Absolutely, and thank you for this alert! Losing a pet is heartbreaking. Scammers always strike when we're at our most vulnerable, and it's easy to fall for their scheme when we would do anything to get our pet back home.

More details on the rise of this scam in the San Francisco area can be found here: <https://tinyurl.com/3dnmtsjs>. And here's info on a similar scam in the Rochester, New York, area that targets your phone number: <https://tinyurl.com/yt96mhn9>. If you're contacted by someone claiming to have found your lost pet, always use caution. Look for these red flags:

- The person claims you need to pay a fine to get your pet back, using an online payment service or gift cards.
- The scammer says they need to send you a Google verification code.
- The scammer refuses to send you a photo of your pet.

Here's what to do next:

- Call a friend and get their perspective. It's hard to think clearly when you're upset.
- Call the scammer's number back. If they don't answer, or it's a wrong number, it's a scam.
- Report the scam call to the local police department. They can't recover your pet, but they can alert others in your community.

Send your tips, comments or questions to ask@pawscorner.com.

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Out on a Limb

CAPTAIN FRANK "BUZZ" BOLD IS THE FIRST ASTRONAUT TO MOONWALK ON MARS

Americanisms

"It is the love of country that has lighted and that keeps glowing the holy fire of patriotism."

— J. Horace McFarland

Just Like Cats & Dogs

THE MARRIAGE COUNSELOR WAS RIGHT. WE JUST NEED MORE QUALITY TIME! MAYBE NEXT TIME YOU WILL WIN THE COIN TOSS.

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Logic

ASNORE

Tier

EARLY

Grim

SKRIM

Group

PLANE

TODAY'S WORD



"Tell me all about yourself—your dreams, your ambitions, your _____..."

Micro Crossword By Elizabeth C. Gorski

Across

1 Improvise musically

5 "Butterfield 8" author John

7 Suez waterway

8 "____ a Woman?" (1851 speech by Sojourner Truth)

9 "Law & Order" actor Benjamin

Down

1 Terminology study, for short

2 By _____ (very narrowly)

3 Divine sustenance

4 Whitney's partner in aerospace manufacturing

6 Landed

STREAMING SOURCE

- Here's what to watch and where to watch it for the week of July 10, 2023
- ON NOW: "Brandi Carlile: In the Canyon Haze - Live From Laurel Canyon" (Music Special) — Max
- ON NOW: "Shaun White: The Last Run" (Documentary) — Max
- 11-July: "Betrayal: The Perfect Husband" (Docuseries) — Hulu
- 12-July: "The Afterparty" (Season 2) — AppleTV+
- 12-July: "Never Say Never With Jeff Jenkins" (Docu-series) — Disney+
- 13-July: "Full Circle" (Limited Series) — Max
- 13-July: "Project Greenlight" (Docuseries) — Max
- 14-July: "What We Do in the Shadows" (Season 5) — Hulu
- 14-July: "Too Hot to Handle" (Season 5) — Netflix
- 14-July: "The Summer I Turned Pretty" (Season 2) — Amazon Prime Video



1. What Basketball Hall of Famer was both head coach and starting point guard for the Seattle SuperSonics from 1969-72?
2. Left-handed pitcher Vida Blue won the American League Cy Young Award and was MVP in 1971 playing for what team?
3. Name the American track and field athlete who won two gold medals at the 1964 Tokyo Summer Olympics and played three NFL seasons with the New York Giants.
4. What British motorcycle race, first held in 1907, was described by Sports Illustrated's Franz Lidz as "a test of nerves and speed that may be sports' most dangerous event"?
5. Outfielder Pete Gray, who lost his right arm in a childhood accident, played one Major League Baseball season for what team in 1945?
6. Norway's Thor Thorvaldsen won gold medals at the 1948 and 1952 Summer Olympics competing in what sport?
7. What Italian racecar driver, winner of the first Formula One World Drivers' Championship in 1950, was killed in an auto accident in the French Alps while driving to the 1966 French Grand Prix?

- Answers
1. Lenny Wilkens.
 2. The Oakland A's.
 3. Henry Carr.
 4. The Isle of Man Tourist Trophy.
 5. The St. Louis Browns.
 6. Sailing.
 7. Giuseppe Farina.

Micro Crossword

Answer

T	A	T	B
I	N	A	V
L	N	C	A
A	R	H	O
P	A	M	V

WORD LADDER

Answer

PAWED, PALED, PALEO

RATED, SATED, SAWED

SCRAMBLERS

solution

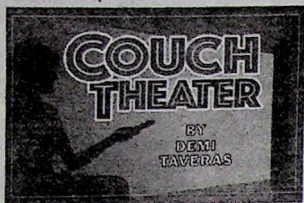
SALARY

Today's Word

3. Smirk; 4. Panel

1. Reason 2. Layer;

MORE SUN FUN



"Whitney Houston: I Wanna Dance With Somebody" (PG-13) — The biographic film based on the life of music legend Whitney Houston is now out on streaming. Naomi Ackie ("Star Wars: The Rise of Skywalker") portrays Houston as she gets her big break when a producer hears her singing at a nightclub. The film then walks viewers through Houston's greatest moments during the 1980s and 1990s, including her performance of the National Anthem at Super Bowl XXV as well as her roles in films such as "The Bodyguard." Even though the film digs deeper into her more personal relationships with notorious bad boy Bobby Brown and close friend/lover Robyn Crawford, the screenplay itself comes across a bit generic and surface-level. Ackie, and other cast members like Ashton Sanders and Stanley Tucci, do their best to make the script come to life. (Netflix)

"House of Hammer" (TV-MA) — The past few years have been tumultuous for actor Arnie Hammer ("The Social Network," "Call Me By Your Name"), after allegations of physical, sexual and emotional abuse came out against him from several women in January 2021. Even though the charges were recently dropped against Hammer due to insufficient evidence, a three-part documentary series breaks down the horrific allegations, tying Hammer's manipulative behavior back to the sociopathic patterns of his father, grandfather and great-grandfather before him. Casey Hammer, Arnie's aunt, also appears in the documentary to give insight into the secrets of her family, spanning back to oil tycoon Armand Hammer (1898-1990), and how it all eventually trickled down to her nephew. Out now. (MAX)

"80 for Brady" (PG-13) — Four elderly best friends — Lou, Trish, Maura and Betty — are die-hard fans of the New England Patriots football team, specifically Tom Brady, the team's quarterback. While making plans to watch Super Bowl LI, Lou throws around the idea of watching the game in-person. When Lou announces that they won tickets from a radio show giveaway, the foursome make plans to travel to Houston to watch their dream team play, but they soon lose the tickets, forcing them to find another way inside. Lily Tomlin, Jane Fonda, Rita Moreno and Sally Field star in this playful comedy, with Brady, of course, making a few appearances. Premieres July 4. (Amazon Prime Video)



Courtesy of MovieStillsDB
From left, Rita Moreno, Jane Fonda, Sally Field and Lily Tomlin star in "80 for Brady."

"Reality Check" (NR) — Three years after his last comedy special that took place in the living room of his Los Angeles home, Kevin Hart is back with a new special — this time with material from his "Reality Check" tour, which he embarked on late last year. In this special, Hart focuses on topics similarly covered in his past specials, like his family life and fame, but he claims to be even more unfiltered than he's been before. With no short supply of curse words or crude jokes, Hart takes the stage with a bat in hand, just in case he needs to "knock someone's head off." (Somewhere in the distance, you can hear Chris Rock quietly taking notes.) "Reality Check" premieres July 6, on the comedian's 44th birthday. (Peacock)

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Contract Bridge

SHEER ARTISTRY

West dealer.
North-South vulnerable.

NORTH

♠ A Q 7
♥ 9 7 5 4
♦ J 6
♣ K 8 7 4

EAST

♠ 10 8 6 5
♥ A 3
♦ Q 3 2
♣ A Q 10 2

SOUTH

♠ 3
♥ K Q J 2
♦ A K 9 5 4
♣ 9 5 3

The bidding:

West	North	East	South
Pass	Pass	1 ♠	1 ♦
Pass	1 NT	Pass	2 ♥
2 ♠	3 ♥		

Opening lead — jack of clubs.

Way back in the 1930's, a team known as the Four Horsemen, comprised of Willard Kam, Hal Sims, David Burnstine and Oswald Jacoby, dominated the world of bridge. For years they rode roughshod over all opposition, winning most of the important tournaments.

All four have passed on to happier hunting grounds, but the tales of their exploits linger on. Today's hand was played by Kam.

West led the jack of clubs, which held, and East won the club continu-

ation with the ten, cashed the ace (on which West discarded a diamond) and returned his last club. Kam ruffed with the jack as West discarded another diamond.

Kam played a spade to the queen and led a heart, winning with the queen. He now had the K-2 of trump and guessed well to play the deuce, felling East's ace.

East returned a spade to dummy's ace, on which South discarded a diamond, and Kam then made the key play of the jack of diamonds. East ducked and so did South, West contributing the ten. A heart to the king drew the last trump, and declarer's diamonds won the last three tricks.

When the play is analyzed, it is found that the spade finesse, the deuce-of-hearts play and the jack-of-diamonds finesse were all absolutely essential. Furthermore, the timing had to be perfect.

The spade had to be led at trick five so that a trump could be led from dummy, and the queen had to be finessed so that the South hand could not be forced to ruff later on. Furthermore, the jack of diamonds had to be finessed to overcome the missing queen and ten with one stroke.

No defense stops the contract. If West keeps his diamonds, South establishes the suit by ruffing the third round in dummy.

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by Steve Becker

Puzzles4Kids by Helene Hovanec

CRISSCROSS — NAMES FOR FEMALE HORSES

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

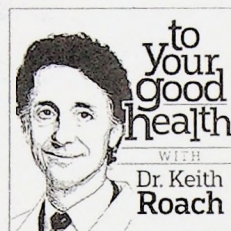
Letters
GEM
IVY

4 Letters
CLEO
EDEN
REMI
RUBY
SAGE
STAR

5 Letters
CREAM
DIXIE
EGYPT
INDIA
PARIS
SUGAR

6 Letters
CHERRY
LUELLA
MELODY
SUMMER

8 Letters
BLUEBELL
CASHMERE
PRINCESS



How Certain Diet Styles Work To Lower Heart Disease Risk

DEAR DR. ROACH: Which diet styles in particular are associated with a lower risk of heart disease? Many people get confused about what a healthy diet actually consists of. Is a Mediterranean diet easier than an extreme low-fat diet? -- D.H.H.

ANSWER: There are several styles of diet that have been proven to be healthier than a typical North American diet. Two of the best that have been studied are the ones you mentioned -- the extreme low-fat diet and the Mediterranean-style diet -- but there are many others that show benefit and a few that show harm.

In a landmark study published by Dr. Dean Ornish in 1998, intensive lifestyle changes reduced the amount of heart disease (measured by blockages in the heart arteries) more than those in the control group without medication. This remarkable result required a diet that was mostly vegetarian (egg whites and only 1 cup of milk a day) and no more than 10% fat (the average American diet is 30% to 35% fat).

In addition to dietary changes, participants performed aerobic exercise (3 hours per week), stress management (1 hour per day) and group psychosocial support (4 hours twice a week), and they also had a 100% smoking cessation rate. It is unclear how much of the benefit in reversing heart blockages is due to diet and how much is due to other beneficial behavior changes, or whether they all worked together (which seems likely to me).

The Mediterranean diet, when studied, also reduced risk of heart disease, with a roughly 30% relative-risk reduction in heart attack, stroke or death due to heart disease. This diet is characterized by:

- An abundant use of olive oil
- High consumption of plant foods (fruits, vegetables, legumes, cereals, nuts and seeds)
- Frequent but moderate intake of wine (especially red wine) with meals

-- Moderate consumption of fish, seafood, fermented dairy products (yogurt and cheese), poultry and eggs

-- Low consumption of red and processed meat as well as sweets

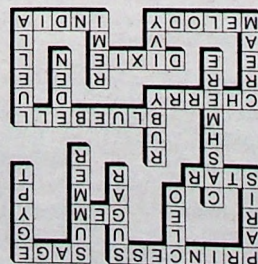
There isn't a doubt that the Mediterranean diet is much easier for most to comply with. The two diets haven't been compared, so I can't say which is better, but I more commonly recommend the Mediterranean diet. However, I do not recommend drinking wine for any kind of health benefit. Exercise, stress management and psychosocial support would be likely to improve outcomes with any kind of favorable dietary change.

The DASH diet -- a lower-salt diet with 4 to 5 servings of fruit, 4 to 5 servings of vegetables and 2 to 3 servings of low-fat dairy per day, with less than 25% of daily caloric intake from fat -- has been shown to reduce blood pressure. Moreover, in people with high or normal blood pressure, this diet lowers risk of colorectal cancer, cardiovascular disease and premature mortality. It's also easy to maintain.

Many people ask me about ketogenic ("keto") diets, which typically involve large amounts of meat and, consequently, a high proportion of protein and fat. Although these types of diets can cause short-term weight loss, a recent study showed these diets unfortunately increased cholesterol levels and more than doubled the risk of adverse cardiovascular outcomes (heart attack and death).

So, I recommend against following this type of diet and remind readers that weight loss does not necessarily translate into better health. As the above studies have shown, a person of any weight can better their health by having a more plant-based diet, getting regular exercise, managing their stress and receiving psychosocial support. The changes you make do not need to be extreme in order for you to receive better health.

Puzzles4Kids Answer



SENIOR NEWS LINE

by Matilda Charles

Are We Seniors Yet?

When do we actually become seniors? That varies, depending who we ask.

Is it age 50, when all the AARP ads come to our mailbox? Maybe it's age 60, when we can get food assistance through the Supplemental Nutrition Assistance Program (SNAP) or receive Meals on Wheels deliveries. Is it 62, when we can start to collect some of our Social Security? If we're taking a Gallup Poll, 65 is the starting senior age.

How about age 65, when we need to sign up for Medicare or pay a penalty later if we don't? Or is it 66 or 67, when we can collect more Social Security, or age 70, when we can collect even more? Are we finally seniors at age 73, when we need to take out some of our IRA or pay a penalty on our taxes?

Then there are those instances that vary by state or industry or location to determine if we are seniors yet: auto insurance, retirement homes or communities, cellphone service providers, restaurants, grocery stores, train travel, motels, senior low-income programs, museums, theaters and DMV in-person renewals.

Most disturbing, however, of all the senior-related numbers were the results of a poll that asked: At what age should women stop wearing jeans?

Stop wearing jeans? What kind of person even comes up with ideas like that?

It was decided, as a result of that poll, that age 53 is when women should hang up the denim.

I don't mind being asked if I'd like the senior discount in a restaurant. I don't mind being told I should apply for the local seniors electric bill help.

But I fear the day is coming when the pendulum swings in the other direction and we might have to prove we're young enough to buy a pair of jeans.

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1. Which song includes the phrase, "I know" over 20 times?
2. Who wrote and released "Spirit in the Sky"?
3. Where did the Thompson Twins get their name?
4. Who sang "I'm Never Giving Up" in a Eurovision contest?
5. Name the song that contains these lyrics: "I will love you longer than forever. Promise me that you will leave me never."

Answers

1. "Ain't No Sunshine," by Bill Withers in 1971. He'd intended to write another verse instead of all the "I know" phrases but was talked into leaving it alone.
2. Norman Greenbaum, in 1969. Greenbaum said he was inspired by watching Westerns on television to write the song.
3. From two detectives in the comic strip "The Adventures of Tintin," who looked alike but were not twins. The Thompson Twins group was never a duo, but ranged from three to seven members.
4. Sweet Dreams, in 1983. They represented the United Kingdom.
5. "The Hawaiian Wedding Song," by Andy Williams, in 1958. The song was also covered by Brook Benton, Elvis Presley and others. The original song, "Ke Kali Nei Au" ("Waiting There for Thee"), was written in 1926 by Charles E. King, a Hawaiian legislator and songwriter.

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Artist Vincent Crotty Exhibit At MPL This Month

Local painter Vincent Crotty will show his work in the Wotiz Gallery of the Milton Public Library from July 6th through July 31st.

Crotty is an Irish-born artist who has been living in Boston since 1990. Regarded for his landscapes, seascapes, nocturnes, and figurative paintings, he paints with fluid and vigorous brushstrokes, balanced by sensitive color. His paintings reveal a remarkable understanding of light-transforming everyday subject matter into images that are memorable and moving. Vincent explores the places and faces of both Atlantic coasts as his primary subject matter. His paintings of Boston and New England celebrate the gritty corners of urban American life. In Ireland, he captures the silvery gleam of wet-galvanized roofs, and bursts of

sunshine illuminating a wild landscape.

Vincent has been exhibiting his work for over 35 years, with gallery shows in Ireland and throughout the U.S. His paintings have been recognized with awards from the MA Cultural Council, the John Stobart Foundation, Plein Air Magazine, and more. He has taught many painting workshops, to include Colorado, Wyoming, Nova Scotia, Wexford (Ireland) and throughout Massachusetts.

The artist was born in Ireland and learned the art of sign craft there, in his 20s. He trained at Cork City in a trade school called Fas, starting in 1987. His teachers gave him everything they had to offer, which was handed down to them through the traditional master-to-apprentice guild system. Before Fas,

Vincent was inspired by the work of Tomas Tuipeir, a master sign painter from West Cork. He had many opportunities to visit this master and watch him work. After moving to the U.S. in 1990, he continued his work here and did sign painting as a way to supplement his living as a visual artist.

For more details about this talented painter, go to his website which is: vincentcrotty.com.

The public is welcome to view this collection of paintings in the Milton Public Library's Wotiz Gallery during July. The Milton Public Library is located at 476 Canton Ave., Milton.

If you have questions, or you are an artist who would like to apply for an exhibit, email jhlady@ocln.org or call the Reference Department at (617) 898-4964.



PAINTINGS BY ARTIST Vincent Crotty will be on exhibit at the Wotiz Gallery at the Milton Public Library during the month of July. *Courtesy Photo*

Dealing With Tree Surface Roots

By MELINDA MYERS

Roots erupting through the soil surface that extend beyond the tree trunk are known as surface roots. This is a normal part of aging for shallow-rooted trees. The aging roots increase in circumference just like the tree's branches and trunk. As they thicken, the upper portion of the roots appear above the soil surface.

These irritate gardeners when trying to grow and mow the grass under the tree. It is important not to bury, cut, dig up, or shave off these important roots. Covering or damaging the roots creates entryways for insects and diseases to enter and damage or even kill your tree.

Mulch is a simple solu-

tion. Use a 2-to-3-inch layer on the soil surrounding the tree. Pull the mulch away from the tree trunk to avoid insect, disease, and rodent problems. Create a mulch ring as large as possible. This eliminates the need to hand trim grass near the tree and makes mowing easier. Mulch is also better for the tree than grass growing up to the trunk. The grass is a big competitor for water and nutrients and can stunt the tree's growth.

Reduce ongoing maintenance with the help of newspaper or cardboard. Start by edging the bed to disconnect the grass and weeds under the tree from the surrounding plants that can serve as their life support.

Now cut the grass and

weeds as short as possible being careful not to harm the surface roots. Cover the area to be mulched with newspaper or cardboard. This creates a temporary but extra layer of mulch that helps kill the grass. The paper will eventually break down and improve the soil below. Cover this with a 2-to 3-inch layer of shredded bark or woodchips for years of weed control.

Consider shade-tolerant perennials and groundcovers if mulched beds do not fit your design style. These plants will eliminate the need to mow over surface roots, add seasonal interest, and they do not compete with the trees like lawn grass. Barrenwort, Canadian ginger, hostas, Variegated



SURFACE ROOTS ERUPT through the soil surface and extend beyond the tree trunk.

Photo Courtesy of MelindaMyers.com

Solomon seal, coral bells, foam flower, Bergenia, and Siberian bugloss are a few to consider. Make sure the

plants you select are suited to your growing conditions and your garden design.

Use caution when planting under mature trees. Avoid deep tilling that can damage, not only the surface roots but also the fine feeder roots that absorb water and nutrients. Instead, dig relatively small holes between major roots and allow the plants to fill in the area.

Mulch the soil surface with leaves, evergreen needles, or other organic mulch to conserve moisture and improve the soil as they decompose. Water thoroughly once plants are in the ground and often enough to keep the roots slightly moist throughout the summer.

Add a splash of color with a few potted annuals by setting them among the perennial groundcovers. This allows you to change

the plantings as the seasons change. You can also permanently sink a few nursery pots in the ground. Then plant flowers in a slightly smaller container and set this pot in the one permanently buried in the ground. This method is less disruptive to the tree roots and easier on your back.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook*, 2nd Edition, and *Small Space Gardening*. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her website is www.MelindaMyers.com.

Interfaith Social Services Volunteer Appreciation Night



A GROUP OF Interfaith Social Services' Bureau Drawer Thrift Shop volunteers posed for a photo at Interfaith's recent Volunteer Appreciation Night. (Clockwise from bottom left) Gayle Davidson of Quincy, Cindy Lee of Braintree, Mary Ann Skjold of Hingham, Barbara Pyne of Braintree, Diane Mulkern of Milton, Judy Kiley of Quincy, and Paula Cole of Quincy. Story, other photos on Page 32. *Photo Courtesy Hurley Event Photography*

Meghan Greene Graduates Plymouth State University

Meghan Greene of Quincy recently graduated from Plymouth State University in Plymouth, N.H.

Greene graduated with a bachelor of arts in criminology.

Volunteers Inducted Into Interfaith Social Services' HoF

Interfaith Social Services recently celebrated their volunteers with a Volunteer Appreciation Night at the Quincy Masonic Building. During the event, 21 volunteers were inducted into Interfaith Social Services' Matti Lang Hall of Fame.

Interfaith Social Services operates one of Greater Boston's largest emergency food pantries, a mental health counseling center, Thrift Shop and homelessness prevention program. Since 1947, Interfaith Social Services has been a safety net for thousands of children and families from the South Shore who are struggling to make ends meet.

A volunteer contingent of more than 140 community residents helps support Interfaith's programs. Volunteers help in a range of capacities, including serving on the Board of Directors, taking on weekly Food Pantry and Bureau Drawer Thrift Shop shifts, and assisting at Interfaith's annual Stop the Stigma 5K and Feed the Hungry Gala fundraising events.

"Volunteers are absolutely essential in Interfaith being able to deliver our programs," said Paula Daniels, Interfaith's Director of

Development and Volunteer Coordinator. "Interfaith's volunteers are superheroes; they go above and beyond to serve all who come to us asking for help."

Attendees at the Appreciation Night were treated to a barbecue dinner from Black's Creek BBQ and dessert from Kate's Confections. After dinner, everyone took part in a lively game of Singo, a musical bingo game featuring songs from the 1960s.

During the event, 21 volunteers were inducted into the Matti Lang Hall of Fame, which recognizes those who have served at Interfaith regularly for at least one year. The Hall of Fame is named after one of Interfaith's most dedicated volunteers, Matti Lang, who gave decades of his life selflessly serving Interfaith's clients.

This year's honorees include: Braintree resident Jay Waldron; Charleston, SC (formerly of Quincy) resident MacKenzie Lyle; Hingham resident Lisa Levenson; Hull residents Deni Howley and Peter MacKenna; Marshfield resident Donna McGinn; Middleboro resident Joseph Silva, Jr.; Milton resident Donna Tippo; New Bedford resi-



INTERFAITH SOCIAL SERVICES recently inducted 21 volunteers into their Matti Lang Hall of Fame. These volunteers have given their time regularly for at least one year. (Front row, left to right) James Madej of New Bedford, Mary Jane Callahan of Quincy, Interfaith Social Services Director of Development Paula Daniels, Deni Howley of Hull, and Judy Morris of Quincy; (second row) Loretta Barron of Quincy and Ruth Davis of Quincy; (third row) Sarah Alberione of Quincy, Amy Zydanowicz of Quincy, and Cindy Brandi of Quincy; (fourth row) Julie Sorgi of Quincy and Mimi Powers of Quincy.

Photos courtesy Interfaith Social Services

dent James Madej; and Quincy residents Sarah Alberione, Loretta Barron,

Cindy Brandi, Mary Jane Callahan, Ruth Davis, Brian Delaney, Dan Jaehnig, Angela Lee, Judy Morris, Mimi Powers, Julie Sorgi, and Amy Zydanowicz.

Looking for a volunteer experience? Weekly volunteer shifts are now available in Interfaith Social Services' Food Pantry and Bureau Drawer Thrift Shop. Volunteers at Interfaith commit to a three-hour shift per week. Shifts are available Monday-Friday, between 9:30am and 7pm. Volunteers must be at least 16 years of age, able to lift 30 pounds, and able to work in a fast-paced environment. Opportunities include working in the Bureau Drawer Thrift Shop, assisting in food rescue operations, filling orders for clients in the food pantry, staffing the front desk, and stocking and inventorying



INTERFAITH SOCIAL SERVICE volunteers Matt Brandi and his grandmother Lillian Rogers, both of Quincy, got into the 1960s groove during a game of Singo (musical bingo) at Interfaith's Volunteer Appreciation Night.

the pantry.

Those interested in volunteering at Interfaith Social Services are encour-

aged to contact Paula Daniels at 617-773-6203 ext. 28 or pdaniels@interfaithsocialservices.org.



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SEVERAL OF Interfaith Social Services' Food Pantry volunteers posed for a photo at the June Volunteer Appreciation Dinner. (From left) Gale Rent of Randolph, Diane Leason of Quincy, Martha Regan of Quincy, Ruth Mullen of Weymouth, Robert Ferguson-Gregg of South Weymouth, Joanne Fisher of Milton, Linda Greene of Quincy and Andrea Concannon of Milton. Other photo on Page 31.